



Reader feedback

Teddy Roosevelt tops the list of favorite presidents for Baumholder's 2nd Lt. Preston Dihle. See page 2 for more.



Daddy Daughter Dance

Smiles and fancy dance steps light up event at Wiesbaden Middle School. See page 16.



Warriors

Boys and girls basketball teams battle for bragging rights. See page 19 for a look at the action.

Herald Union



Vol. XIII, No. 9, Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden, Feb. 17, 2011

Ripple effect

Egyptian turmoil drives U.S. family out of Cairo

By Karl Weisel
U.S. Army Garrison
Wiesbaden Public Affairs
Office

As the world's television sets were tuned to the events in Cairo's Tahrir Square, members of an American family in Egypt wondered how it might impact their lives.

They soon found out as their neighbors began leaving the country on a voluntary basis and evacuation orders followed requiring all non-essential personnel to leave the country.

"We watched the news on television, listened to the radio and the Marines told us what was happening after the Egyptian government shut down access to the Internet," said Marina Del Castillo, who along with her husband Rogaciano and sons Tiga and Adam flew to Frankfurt International

Airport via Athens, leaving everything but their essentials behind in their home in Maadi, a suburb of Cairo.

"You could see the escalation progressing," said Rogaciano, a quality assurance specialist with the Defense Contract Management Agency in Egypt, describing hearing sporadic gunfire from Egyptian Army forces firing skyward to keep prisoners from escaping from a nearby prison.

Originally still able to go to work, Rogaciano said, "you got a kind of feeling" that something was in the works from the talk at work and embassy messages. "At the time, you're just hoping you don't have to go because you're leaving everything behind."

See Ripple effect on page 5



Photo by Karl Weisel

Marina (from left), Tiga, Adam and Rogaciano Del Castillo share some family time at the Wiesbaden Army Lodge while awaiting guidance on their next destination after being evacuated from Egypt.



Photo by Jennifer Clampet

Welcome home from Afghanistan

Chief Warrant Officer 2 Rob Dieguez shares a smile and a hug with his son during a redeployment ceremony Feb. 4 at the Wiesbaden Fitness Center for Soldiers returning from Afghanistan with the 66th Military Intelligence Brigade's 2nd MI Battalion.

Pharmacy prices change

Though some Europe Regional Medical Command beneficiaries may see new pharmacy charges due to changes in Military Health System pharmaceutical pricing,

they may not necessarily be higher.

"Periodic price adjustments on some prescription drugs are often lower," said Jeffrey A. Roberts, ERMCM uniform

business office manager, who advises beneficiaries who pay for their medications to do some comparison shopping.

The Tricare Management Activity Uniform

Business Office has released a pharmacy rate update effective this month. "TMA's pricing methodology sets charges

See Pharmacy prices on page 3

Net zero: Installations strive to improve use of natural resources, energy through innovative sustainability

By Lt. Gen. Rick Lynch
Commander of the
Installation Management
Command

The Army has a bold vision for managing natural resources on its installations: they will become net zero. That is, as we go about the complex business of living, working and training on installations, our



use and production of resources will balance out, so that in the end, we do not overconsume or waste. The most exciting part of the Army net zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force

that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army net zero goes beyond energy, though, to also include water and waste.

Army net zero's holistic approach
See Net zero on page 4

Feedback: *Who is your favorite president and why?*



Lt. Col. John Demko
43rd Signal Battalion

"George Washington because of the incredible hardships he had to endure."



Kimberly Hayes
Baumholder family member

"I would say Bill Clinton because he did the most for the people. I feel the economy was doing well then also."



Danielle Stevens
Rhein Main Area USO

"If it wasn't for Teddy Roosevelt we would not have a national park system."



1st Lt. Charles Stevens
501st Military Police Company

"Ronald Reagan guided us through the last recession and facilitated the end of the Cold War and the fall of the Berlin Wall."



Ann Smith
Office of Personnel Management

"Ronald Reagan was a statesman who saw the fall of the Soviet Union."

It takes teamwork to stop sexual harassment

By Gen. Carter Ham
U.S. Army Europe Commander



In Iraq and Afghanistan, a Soldier will place himself or herself in danger to protect a comrade in harm's way. We need to apply that same instinct at our home stations and provide aid to a Soldier in the fight against sexual assault.

We have a unique opportunity to build on this culture through our bystander intervention programs and capitalize on this instinct to protect our fellow Soldiers, friends and families from becoming sexual assault victims.

Sexual assault is contrary to Army values, degrades mission readiness, is a crime and has no place in our Army. It tears apart the fabric of trust that bonds our units and communities.

I am very passionate about the Sexual Assault Prevention and Response program. This program reinforces our commitment to ensuring that victims receive quality services and perpetrators are held accountable.

We must continue working as a team to eliminate sexual assault from our ranks. Everyone, not just leaders, sexual assault response coordinators

and victim advocates, has a responsibility to rid the Army of this crime.

It's important that we keep our focus on prevention. Our team must have an ingrained, values-based "gut reaction" against sexual assaults, sexually offensive language, comments and gestures that may create an environment of abuse. This reaction must compel all to act immediately to prevent a potential assault.

Our goal is elimination of sexual assault, but until that happens we will continue treating victims with dignity and respect and providing quality care.

Sexual assault is contrary to Army values, and we won't quit until it's gone from our ranks.

February all about healthy hearts

This month Comprehensive Community Fitness is all about heart smarts. From healthy heart choices to good relationship decisions, the Wiesbaden and Baumholder garrisons offer services and programs designed to keep your heart pumping and your relationships positive.

Below are some comprehensive fitness tips from area pillar champions:

Physical: No ifs, ands or (cigarette) butts about it. Smoking is a controllable risk factor for heart disease. Check out the smoking cessation classes at the Wiesbaden and Baumholder Army health clinics. Call civ (0611) 705-7270 in Wiesbaden or civ (06783) 6-7312 in Baumholder.

Emotional: Alcohol, stress and emotions can affect the health of your heart. Learn to manage substances and stressors with programs offered through the Army Substance Abuse Program or Employee

Assistance Program. Contact the coordinators at civ (0611) 705-1710 in Wiesbaden or civ (06783) 6-7232 in Baumholder.

Family: Tell your family to take a hike, and then go with them. Check out page 18 of this issue for a listing of upcoming volksmarches in the German community. Have fun reconnecting with your family and with nature.

Social: Being social can minimize the effects of stress. Get out and enjoy the company of others this month. Sign up for a de-stress class through the Wiesbaden Army Community Service. The free program offers Zumba, massages or yoga classes every last Thursday of the month. Call civ (0611) 4080-254 in Wiesbaden to sign up.

Spiritual: Relationships take work. Let the garrisons' chaplains offices help you and

yours strengthen your connections through free family or couples counseling. Call civ (0611) 4080-248 in Wiesbaden or civ (06783) 6-1570 in Baumholder.

Encouraging all members of the Army Family — service members, civilian employees, families and military retirees — to stay fit is the aim of the commander's Comprehensive Community Fitness Program.

Log onto www.army.mil/csaf and take the Army's Global Assessment Tool. The GAT provides immediate results with links to self-development training. Training is interactive and interesting (parents may want to screen the modules for their minors). The assessment only takes a few minutes and can be repeated every 90 days to track changes in your fitness.

**Comprehensive
Community
Fitness**

Herald Union published by AdvantiPro

The Herald Union, printed exclusively for members of the U.S. Army Garrisons Wiesbaden and Baumholder, is an authorized, unofficial Army newspaper published under the provisions of AR 360-1. Contents are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the USAG Wiesbaden and Baumholder Public Affairs Offices. No payment is made for contributions. Everything advertised in this publication shall be made available for sale, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. This is a biweekly newspaper published by AdvantiPro GmbH. Our office is in Building 1023E on Wiesbaden Army Airfield. Circulation is 8,500 copies. **For display advertising rates** call Liz Heldt at civ (0631) 3033 5537, email ads@herald-union.com; **classified advertising rates** call Sabrina Barclay at civ (0631) 3033 5530 or post at www.class-world.eu. **Address:** USAG Wiesbaden, Herald Union, Unit 29623 Box 60, APO AE 09005-9623; **Telephone:** mil 337-7405; civ (0611) 705-7405; **Email:** usagwiesbadenpao@eur.army.mil; **Home page:** www.wiesbaden.army.mil.

Command and newspaper staff

USAG Wiesbaden Commander.....Col. Jeffrey W. Dill
USAG Wiesbaden Command Sergeant Major
.....Command Sgt. Maj. Hector Alexander Prince
Public Affairs Officer.....Anemone Rueger
Editor.....Karl Weisel (mil 337-7405)
USAG Wiesbaden Reporters.....Chrystal Smith (mil 337-1400)
.....Jennifer Clampet (mil 337-5150)
USAG Baumholder Reporter.....Ignacio Rubalcava (mil 485-6191)

News flash

Retention control points to change

New retention control points will take effect June 1, 2011. RCPs are the maximum years of active service authorized for regular Army and active guard reserve enlisted Soldiers at each rank. Soldiers may perform active service up to their RCP or age 62 for regular Army and Army Reserve and age 60 for National Guard, whichever occurs first. Soldiers may not exceed their RCP by more than one month. The following are the new RCPs, effective June 1: private through private first class five years; corporal and specialist eight; corporal and specialist (promotable) 12; sergeant 13; sergeant (promotable) 15; staff sergeant 20; staff sergeant (promotable) 26; sergeant first class 26; sergeant first class (promotable) 29; first sergeant and master sergeant 29; first sergeant and master sergeant (promotable) 32; command sergeant major and sergeant major 32. For more information contact your local career counselor. (USAREUR Public Affairs)

'Boots in the Sand'

Check out or contribute military stories from Iraq at www.facebook.com/Boots.in.the.sand. Show your support and become a follower by clicking the "Like" button and watching for daily posts and comments. (U.S. Forces-Iraq Press Desk)

Dempsey nominated for top job

Gen. Martin E. Dempsey, a former 1st Armored Division commander in Wiesbaden and Iraq, has been nominated to serve as the next Army chief of staff. He is currently serving as commander of the U.S. Army Training and Doctrine Command at Fort Monroe, Va. (DoD News)

Change of command

Col. John S. Kem handed over the reins of the U.S. Army Corps of Engineers, Europe District, to Col. J. Richard Jordan III in a ceremony at Wiesbaden's Schloss Biebrich Feb. 10. Jordan most recently served as the division engineer for 1st Armored Division and U.S. Division-Center in Iraq. Kem led the Wiesbaden-based engineer district since June 2008 overseeing more than \$1 billion worth of construction projects throughout Europe, Africa and the countries of the former Soviet Union. (Courtesy of Brian Temple, Public Affairs Office)

Motorcycle mentorship

The Army lost 40 Soldiers to motorcycle accidents in fiscal year 2010. To address this problem, leaders must foster proactive mentorship programs giving riders the opportunity to work together, maximize their skills, reduce accidents and have fun, according to Gen. Peter Chiarelli, Army vice chief of staff. "Leaders must actively engage Soldiers who own or consider purchasing a motorcycle to ensure completion of all course requirements and to encourage them to join local mentorship programs." The website <https://safety.army.mil/mmp> offers information to implement or enhance a strong mentoring program. (Courtesy of an Army memorandum dated Jan. 21, 2011)



Photos by Karl Weisel

Catfish and Marlins

Patrons at the Wiesbaden Dining Facility Feb. 10 were pleasantly surprised to find Marlins on hand signing autographs in addition to catfish on the menu. Players and former players and cheerleaders of the Florida Marlins baseball club met service members and families and signed autographs. Photo right: "Mr. Marlin" Jeff Conine, a recipient of two World Series championship rings with the Marlins, talks baseball with 1st Armored Division's Chief Warrant Officer 3 Billy Welch and his son, Brian.



Pharmacy prices

Continued from page 1

for pharmaceuticals at the same level Tricare would reimburse for similar drugs under its retail pharmacy program," said Roberts.

Roberts said the new prices affect non-Tricare-eligible pay patients who use military treatment facilities on a space-available, reimbursable basis. U.S. civilian employees, authorized Department of Defense Dependents Schools employees, contractors and other beneficiaries with or without their own insurance are among those charged for medical services and pharmaceuticals when using Army health clinics.

"Tricare beneficiaries are not directly affected when using pharmacies at Army health clinics or Landstuhl Regional Medical Center," said Roberts. "However, we use the same rates when billing their non-Tricare medical insurance under the Third Party Collection program."

Roberts said the Tricare Management Activity reminds beneficiaries that the military pharmacy may not always be the lowest cost option, and encourages patients to compare prices with other commercial pharmaceutical sources to ensure they receive the lowest cost. The Europe Regional Medical Command's Uniform Business Office offers TMA's Pharmacy

Pricing Estimator Tool through its website at <http://tinyurl.com/36wr37c>.

Contact the ERMU Uniform Business Office by email at eubo@amedd.army.mil or by clicking on the "Contact Us" tab on the UBO web page for additional information on pharmacy rate changes.

What this means to you

If you or your medical insurance company are billed for medicine received at an Army health clinic pharmacy, here's what to expect:

- ☞ You may notice a price change in your current prescriptions; although some pharmaceuticals you currently receive may be priced higher, the majority of prescription drugs will be available at the same or a lower price. About 53 percent of the current prices will remain the same and about 30 percent will be less.

- ☞ TMA UBO continues to add a \$2 dispensing fee consistent with the average allowable dispensing fee under Tricare retail pharmacy.

- ☞ Prices for most over-the-counter drugs will not change significantly. Of 130,586 national drug codes listed in the February 2011 rate tables, 17.7 percent increased in price while 28.3 percent decreased and 50.2 percent remained unchanged. (Courtesy of ERMU Public Affairs)

From the blotter

Compiled by the U.S. Army Garrison
Wiesbaden Directorate of Emergency Services
Jan. 17

Baumholder: A Soldier is being charged with owning an unregistered vehicle.

Wiesbaden: An Airman is being charged with fleeing the scene of an accident after striking another vehicle and leaving.

Jan. 18

Baumholder: A Soldier is being charged with owning an unregistered vehicle.

Wiesbaden: A Soldier is being charged with owning an unregistered vehicle.

Jan. 19

Baumholder: A Soldier is being charged with being absent without leave.

Wiesbaden: A Soldier is being charged with owning an unregistered vehicle.

Jan. 20

Baumholder: A family member is being charged with a traffic accident after losing control and striking a guardrail.

Wiesbaden: An Airman is being charged with reckless driving after swerving in and out of traffic.

Jan. 21

Baumholder: A Soldier is being charged with wrongful use of a controlled substance.

Jan. 22

Baumholder: A Soldier is being charged with damage to government property after breaking his key inside a door lock and damaging a window.

Wiesbaden: An officer is being charged with a traffic accident after striking a guardrail.

Jan. 23

Baumholder: A Soldier is being charged with damage to private property after breaking a television screen owned by another Soldier.

Wiesbaden: A noncommissioned officer is being charged with a traffic accident after striking another vehicle.

Jan. 24

Baumholder: A Soldier is being charged with being absent without leave after failing to show up after his authorized leave was up.

Wiesbaden: A family member is being charged with a traffic accident after striking another vehicle

Jan. 25

Baumholder: An NCO is being charged with a traffic accident after striking another vehicle.

Wiesbaden: An officer is being charged with a traffic accident after striking another vehicle.

Jan. 26

Baumholder: An officer is being charged with a traffic accident after striking another vehicle.

Wiesbaden: A Soldier is being charged with owning an unregistered vehicle.

Jan. 27

Baumholder: An NCO is being charged with being drunk on duty.

Wiesbaden: A family member is being charged with assault after striking someone with a wooden sword.

Jan. 28

Baumholder: A Soldier is being charged with a traffic accident after failing to maintain control and striking a guardrail.

Wiesbaden: A Soldier is being charged with failure to pay a debt after fleeing from a taxi fare.



Job Shadow Day

Wiesbaden High School School 10th-grader Colin Strout learns about the mission of the 1st Air Support Operations Squadron from Lt. Col. Mark Jablow, 1st ASOS commander, during Job Shadow Day Feb. 2. The nation-wide event gives youths an inside look at careers.

Photo courtesy of 1st ASOS

Net zero

Continued from page 1

proach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three, energy, water and waste, we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery and disposal. To achieve net zero energy, garrisons start with aggressive conservation efforts to reduce the amount of energy being used in the first place. Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams, and recover heat from the electricity generation process. Once they have reduced their loads through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net zero water installation limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality. Similar to the process with energy, installations aiming for net zero water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks, washing machines and cooling towers, capture rainwater for on-site use and treat wastewater for recharging into groundwater aquifers. They achieve net zero water by capturing, repurposing, and recharging an amount equal to what they consume.

A net zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net zero waste installation aims to make disposal an unnecessary step. Garrisons start by reducing the initial amount of waste and then find ways to repurpose waste with minimal processing. For example, they might crush construction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net zero waste when they have nothing left to send to the landfill.

During my site visits over the past year, I have seen how our garrisons have taken steps — great strides in some cases — to manage our resources more efficiently. Look at the water projects at Forts

Huachuca, Bliss and Belvoir; the waste management projects at Forts Bragg and Jackson and Joint Base Lewis-McChord; and the energy projects at Forts Drum, Wainwright, Carson and Campbell, to name just a few. So I know there will be tremendous interest in an opportunity that the assistant secretary of the Army for Installations, Energy and Environment is launching this month. The ASA (IE&E) is asking garrisons to nominate their garrisons to become net zero energy, net zero water or net zero waste installations, or all three, by 2020. Five will be selected in each category, with one to become all three. These installations will receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only do we have to learn about energy, water and waste management best practices and technologies, but we also have to learn the business practices that support them. We have to build partnerships with those in the private sector and in nongovernment organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future.

Everyone, every Soldier, civilian and family member, has a role to play in managing resources. Maybe it seems like a smaller role — turning out the lights, adjusting the thermostat, or separating out recyclables at home. Maybe it is a more direct role, such as running an installation waste management program or writing enhanced use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is important — our future.

Energy efficiency and security is a critical issue for the Army. The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk. The same can be said of water, or practically any of our resources. If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.

News flash

Vehicle violations

U.S. Army in Europe drivers are reminded that by regulation the only acceptable window tint is tint that is manufacturer installed into the window. After-market window tint and factory window tint are not acceptable and will be grounds for rejection during inspection. Privately Owned Vehicle owners should also be aware that music that can be heard from 10 feet away when car windows are rolled up is considered excessive. The same applies to racing motors, loud exhaust systems and squealing tires. Army in Europe Regulation 190-1 also stipulates that U.S. Forces-registered POVs will not be used for commercial enterprises, nor will they display any advertisement for any business or commercial enterprise. (*Courtesy of USAG Wiesbaden's Directorate of Emergency Services*)

AWAG Conference

AWAG leaders are urging volunteers to get registered early for this year's AWAG Conference to be held May 15-19 at the Edelweiss Lodge and Resort in Garmisch-Partenkirchen. The event for military community volunteers will feature a host of workshops and exhibitions. Visit www.awagonline.org for more information on the 55th annual conference.

AAFES love fest

The Army and Air Force Exchange Service invites military couples to submit their romance tales for a chance to win a grand prize of \$1,000. The contest, open through March 4, seeks essays of 500 words or less on bizarre and comical love and romance occurrences. The Romance Rocks contest is open to military members and military ID cardholders age 18 and older. Include name, address, contact information, rank or occupation and the name of the nearest AAFES exchange. Send essays to PatriotFamily@aafes.com.



Photos by Karl Weisel

What's up with this crazy German weather?

While winter seems to be on its last legs, local military community members have experienced a wide range of different road and weather conditions in recent weeks. Sudden snowfalls, fog and freezing rain have kept snowplow operators, school bus drivers and privately owned vehicle operators on their toes. Garri-

son safety officials advise everyone to continue to use common sense when navigating through extreme winter weather conditions. That includes always increasing following distance, using low beams and fog lights in fog, keeping windshield fluid stocked and ensuring that all lights and windshield wipers are in



good working order. With spring just around the corner, motorcyclists may be tempted to put their bikes back out on the road. All drivers are reminded to be aware of pedestrians and two-wheeled vehicles which may be sharing the roadway. Slow down and "share the road" to keep everyone safe.

Ripple effect

Continued from page 1

Despite a curfew which greatly restricted the movement of the international community living in Maadi, Marina said, "In between the curfew it was safe enough to go to the market."

"Basically, we just waited," said Rogaciano.

While members of the security forces and police left the area where the Del Castillos lived in leased housing during the demonstrations, they were replaced by Egyptian special operations forces who "took care of the place — life was normal." There were also Egyptian tanks in place at the entrance to their neighborhood, Rogaciano said. "The local Egyptians created a neighborhood watch."

"When they put out the evacuation order it was voluntary at first, but soon became mandatory," said Marina. "The process involved was very good. ... We were well looked after by the State Department."

"We left everything behind," said Rogaciano, who has

worked for the Defense Department for more than 24 years and came to Egypt in August 2010 to start his 12th tour overseas. "We were only allowed to take 44 pounds each."

Along with other members of the community being evacuated, the Del Castillos were bused to the Embassy Support Services Compound before heading to the Cairo Airport. "We could see tanks along the Suez Road," Rogaciano said.

Flights left for Cyprus, Istanbul and Athens before passengers transferred and continued on to Frankfurt, "the gateway" for processing people by the U.S. Embassy community.

The Del Castillos, who were temporarily residing in the new Wiesbaden Army Lodge while awaiting resettlement by the DCMA command, said they were impressed all along the journey out of Egypt by the support and reception they received. "The U.S. ambassador was right there by the door when we arrived in Istanbul," said Rogaciano, adding that

members of his command and Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, also made the family feel welcome upon their arrival in Wiesbaden.

Now they are waiting to find out what comes next.

"I want to go home — I miss the school," said 10th-grader Tiga. "We just came off of winter vacation."

"The kids are communicating with all of their classmates over the Internet," said Marina, adding that the disruption to her children's education is the biggest challenge. "We're focusing on getting the kids in some form of schooling. Hopefully when everything settles down we can return home."

From friends — "other Americans who stayed and

Americans married to Egyptians" — they have heard that things are settling down back in Cairo. "If you're not in the square, life is pretty much going on as usual," said Marina.

They've also been told that the international school the boys attended in Egypt has reopened.

Now the Del Castillos, like others who were forced to evacuate, are themselves watching events unfold in Egypt on television and through other media.

Their next move may be to Kuwait, Rogaciano said, where he can resume his duties with DCMA and the children can attend school before eventually heading back to their home in Egypt.

"As the kids say — you just go with the flow," he said.

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'Smart Girls' mentor for positive growth

**Commentary by
Command Sgt. Maj.
Earla L. Reddock
U.S. Army Garrison
Baumholder**



In November 2009 first lady Michelle Obama launched what she termed a leadership and mentoring initiative.

In the following 24 months this initiative spread from the White House throughout the United States and, with any hope, to here in the Baumholder military community.

Although both girls and boys benefit from mentorship, it has been proven that they benefit in different ways, according to a study conducted by Rene Spenser, an assistant professor at Boston University's School of Social Work, and Belle Liang, an associate professor at Boston College in March 2009, entitled "Formal youth mentoring relationships between adolescent girls and adult women."

The study examined the effect and influence of female mentors from the perspectives of both sets of participants involved in the study. Apparently young girls have particular psychosocial needs and ways of relating in relationships. These needs also extend to their psychological health and development.

We have a need in the Baumholder military community for mentors for our female youth. I am a product of wonderful female mentorship. My first mentor at age 11 was Faith Marcel, at the time 20 years my senior

and full of worldly experiences.

She taught me patience and delayed gratification. Faith also taught me to perfect the "process" and never worry about outcomes. My current mentor, Tracey Anbiya, re-taught me how to listen carefully and make decisions when I have 80 percent of the information.

Mentors become an enduring part of one's life. Characteristics of a great mentor include being non-judgmental and always willing to listen. Mentors impart both life and career experiences with little fanfare. Mentorship benefits not only the mentoree but also the mentor.

The Baumholder military community is fortunate to have the Smart Girls Program which was developed by the Boys and Girls Club of America and affiliated with the Army's Child Youth and School Services program.

The Smart Girls Program is currently operated by the Baumholder Teen Center. The ultimate goal of the program is for girls 10-18 years old to develop healthy attitudes and lifestyles.

Smart Girls also prepares girls to make positive decisions at this critical stage in their physical, cognitive, emotional and social development. The Smart Girls Club meets Thursdays from 4:30-5:30 p.m. in the Teen Center leadership room.

They enjoy refreshments and the girls help plan their own programs. For example, last summer they ran a week of Smart Girls camp with the theme of health and wellness. The girls participated in swimming, barefoot park trips, cooking, Internet safety, dating safety, zumba and yoga.

In an effort to jump-start the Baumholder community mentorship program I have challenged the Better

Opportunities for Single Soldiers female members to lead the way and be the first mentors in our community. In my opinion, Baumholder has the single female Soldier population to support such an initiative, but this is not just for single female Soldiers.

This initiative is open to all adult females who wish to provide emotional and social support to the young adolescent girls in our community.

Young girls treasure the ability to confide in a mentor, who provides the emotional support and consistency they don't have.

It is my sincere wish to continue the tradition of mentorship here in Baumholder for the female youth in our community with female adult mentors both military and civilian.

This is in no way meant to diminish the mentorship contribution of males to female mentorees. I have benefited from awesome male mentors, both in the past and present, and believe me there is a difference, especially in leadership styles.

For men who are interested in mentoring, there is a program for boys ages 12-18 called Wise Guys which meets Wednesdays at 4:30 p.m. at the Wetzel Teen Center. This program is run by male staff members and the CYSS nurse.

Mentorship is a shared experience. I have learned as much as I have taught.

I have celebrated through tears and hiccups and cried through unimaginable joys and momentary pain. But most of all, I have had fun. I am at this point in my life both a mentoree and a mentor. The advice that was given to me years ago I proudly and freely pass on today.

BOSS relieves predeployment stress

Baumholder's Better Opportunities for Single Soldiers held a reception for all single Soldiers and their guests Jan. 27 at the Rheinlander Community Club.

Command Sgt. Maj. Earla L. Reddock, U.S. Army Garrison Baumholder command sergeant major, and BOSS senior program military adviser, initiated the idea of hosting a BOSS reception for the single Soldiers in light of the imminent deployment.

"The intent was to say farewell to the single Soldiers, thank them for their selfless service and show them appreciation," said Catherine Dubosc, Family, Morale, Welfare and Recreation BOSS adviser.

"The BOSS program has been active in relieving the stress of single Soldiers prior to deployment with a series of gaming tournaments at the interim Warrior Zone as well as a recreational trip to Munich Jan. 29. All these programs are free of charge to the single Soldier," said Dubosc.

BOSS president Pfc. Nicholas Prince said



BOSS president Pfc. Nicholas Prince talks to single Soldiers about what the program has to offer during the BOSS reception Jan. 27. The reception was a way of bringing single Soldiers together before they deployed and to thank them for all that they do.

Photo by Ignacio "Iggy" Rubalcava

Palm Beach, Fla., now a member of Company C, 1st Battalion, 84th Field Artillery, and a member of the Baumholder BOSS program volunteered his musical skills and time to entertain the Soldiers by playing relaxing piano tunes.

"Overall, single Soldiers were very impressed with the reception," said Prince.

The next BOSS meeting is March 15 at the interim Warrior Zone at 4 p.m. All single Soldiers are invited to attend.

Soldiers were grateful for the opportunity to relax and enjoy the company of other single Soldiers.

"The Soldiers really enjoyed the relaxed environment and the great spread of food and refreshments. For me it was a great opportunity to reiterate what the BOSS program has to offer single Soldiers," said Prince.

Pfc. Anthony Giaimo of West



Winning big (screen)

Spc. Jason Duncan, Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team, and his two daughters stand before his prize, a 42-inch plasma TV. Duncan won the TV in a Baumholder Commissary drawing days before he deployed. Photo left: Commissary worker Jacob Phillips shows the thousands of contest entry forms.



Photos by Donald Seltzer

Brigade readies for deployment

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder
Public Affairs Office

The U.S. Army Garrison Baumholder stood up its pre-deployment processing center Jan. 25 to help Soldiers of the 170th Infantry Brigade Combat Team prepare for deployment to Afghanistan by the end of February.

As the key support agency for the 170th IBCT, the USAG Baumholder is preparing Soldiers for the long deployment by consolidating numerous service agencies such as medical, dental, legal and other supporting agencies under one roof. This one-stop shopping facility allows Soldiers of the 170th IBCT to take care of their official and personal needs before departing Baumholder.

The USAG Baumholder has used this pre-deployment processing center for numerous brigade deployments. The operation is refined with each deployment. Everything a Soldier needs to take care of before deployment, such as ID card updating, powers of attorney, family issues, immunization updates, medical counseling and more is centralized to streamline the pre-deployment process.

The brigade is deploying to Afghanistan to accomplish missions in support of the International Security Assistance Force and the people of Afghanistan. 3rd Battalion, 4th Infantry Regi-



Photo by Ignacio "Iggy" Rubalcava

Soldiers from the 170th Infantry Brigade Combat Team arrive at Baumholder's pre-deployment processing center. They arrive with a processing package they received from their unit and they gather additional processing information and head to the first station where they receive an orientation on how the processing center operates.

ment, is already on the ground in Afghanistan and is conducting missions in support of the training of Afghan National Security Forces. They deployed in December. The remainder of the brigade deploys in late February for approximately 12 months.

"Our main goal is to take care of all of the administrative

needs of the Soldier so that he is prepared and ready to deploy," said Capt. Andrew Chovancek, from USAG Baumholder's Directorate of Plans, Training, Mobilization and Security.

The Soldier arrives at the pre-deployment center with a packet that his unit provides him, and after receiving additional paperwork and a couple of briefings from service agencies, he is given an orientation on the flow of events in the building and begins his processing.

"Our biggest section is medical. It is the largest and most important portion of the process that ensures the Soldier has received any and all required medical treatment," said Chovancek.

"The other half is the administrative portions which include all the garrison and installation support agencies such as housing, to make sure we are tracking within the garrison any washers or dryers or loaner equipment that needs to be picked up. The community mail room ensures that all his mail is forwarded

or held, depending on each Soldier's circumstance.

We also update all of their SGLI 93s in case something happens to the Soldier so that the entitlements go to where he wants them to," said Chovancek.

Army Community Service provides a number of people throughout the day who offer consultations to further assist the Soldier in making decisions about personal and official issues.

"Finally, the unit provides their family readiness leader who ensures the Soldier's Privately Owned Vehicle storage and household goods storage needs are in order. They also establish and confirm contacts here in the rear while they are deployed.

"Once they have completed their processing we make sure they have done everything they need to, including attending additional briefings that we provide at the Wagon Wheel Theater consisting of a medical threat brief, pre-mobilization legal briefing and a finance en-

titlement travel briefing which includes information such as what happens when they go on leave and what benefits a Soldier is entitled to while he is deployed. Once they are done they get signed out and head back to their unit," said Chovancek.

The entire process only takes up a half day of the Soldier's time, not to include the briefings at the Wagon Wheel Theater, which are scheduled at a different time.

By offering Soldiers this consolidated pre-deployment processing opportunity as well as an annual CARE fair and two deployment fairs, the USAG Baumholder and numerous support agencies are ensuring that Soldiers and families are fully prepared for the upcoming deployment, officials said.

The USAG Baumholder will continue to support the needs of families and rear detachment organizations as the Soldiers of the 170th IBCT, the Bayonet Brigade, accomplish their mission in Afghanistan.



Photo by Ignacio "Iggy" Rubalcava

Soldiers from the 170th Infantry Brigade Combat Team review their paperwork at the first station of the U.S. Army Garrison Baumholder pre-deployment processing center. They receive an orientation on how the processing flow operates and they begin their half-day processing.

Fasching — time to let your hair down

The Fasching, or Karneval season, is just one month away, and the usually reserved German community will soon be letting its hair down and partying until the cows come home.

Karneval, Fasching, Fastnacht, Faset, is the period from Nov. 11 through Ash Wednesday, which this year falls in March. The pre-lent Karneval season is also called "Die fünfte Jahreszeit" (the fifth season of the year) in Germany. It is the one time of year when many normally solemn Germans loosen up and go a little crazy. Fastnacht has no set date. It is a "movable fest" that is held depending on when Easter falls. The official start is on the 11th day of the 11th month at exactly 11 minutes past 11 a.m. That gives the Karneval clubs three to four months to organize each year's events such as Karneval balls, parades, the selection of Fasching royals and meetings.

All of this culminates with a



Photo by Petra Simon

Members of the 24th Brigade Support Battalion participate in last year's Fasching parade. If your unit or organization would like to participate in this year's parade or other Fasching activities call the U.S. Army Garrison Baumholder Public Affairs Office at mil 485-1600.

big bash on the week before Ash Wednesday (Aschermittwoch), when the Lent season (die Fastenzeit) begins. This year's Fastnacht Week is March 3-9.

In Baumholder the local Fasching Club (Baumholderer Karnevals-Gesellschaft) is extremely active during the Fasching season. On Nov. 11 the

club traditionally introduces its Fasching royals and the theme for the season.

This year's theme for the Baumholder Fasching season is "Musicals" and the Fasching royals are Prince Andreas III and Princess Anne I who will reign until Ash Wednesday.

The royals will represent the

Baumholder Fasching Club at numerous events. Traditionally they visit the garrison commander and the German commandant of the training area and customarily they will "relieve them of duty and take over command." This year's royal coup d'état is March 3 (Weiberfastnacht) at Camp Aulenbach.

On March 5 and 6, the Fasching Club holds its "Prunksitzungen," or Fasching shows. The "Prunksitzung," which literally translated means pomp session, is another famous event. Amateur comedians, speaking in their local dialect, present humorous speeches spiced with sarcasm about local happenings, people or politics. The whole affair can be compared to a sort of roast for the entire community.

Fasching club members also sing and perform dances during these roast sessions. The shows at Baumholder start at 7:31 p.m. March 5 and 6 and provide at

least five hours of humor, dancing and music.

Rose Monday this year falling on March 7 is dedicated to the children. At 2:11 p.m. a Fasching parade will make its way through downtown Baumholder.

The parade is an annual highlight of the Fasching season. Many visitors come to Baumholder that day to "soak up" the atmosphere.

The parade offers a platform for clubs, organizations, the military and private groups to be a part of the Fasching fun. Some participate by sponsoring a float, while others just march in the parade, but all are dressed according to the theme and throw candy to the children watching the parade.

If your unit or organization wants to participate in the parade or you are interested in purchasing tickets, contact Bernd Mai at Public Affairs, mil 485-1600.

Camp in the lovely rolling hills of Baumholder

- Open year round.
- Five minutes from main post
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- 40 RV Sites available at \$10 per day
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- RV and group sites include fire pits and grills
- To reserve call 485-7182/6345/6202 or +49-0-6783-6-7182/6345/6202



Baumholder Outdoor Recreation

Bldg. 8167 Smith Barracks, Baumholder
Mon-Tues 10 a.m.-7 p.m., Closed Wednesdays,
Friday 10 a.m.-8 p.m.
Sat. & Sun. 10 a.m.-7 p.m.



Covenant promises to take care of customers

Employees of Baumholder's Family, Morale, Welfare and Recreation held an organizational night Jan. 28 in which they took the opportunity to sign the first FMWR employee covenant which promises to take care of customers by taking care of employees.

The covenant also promises to provide a strong, supportive environment where employees may thrive.

The third leg of the covenant promises to position employees for success with a robust orientation to welcome them to the FMWR team; clear performance standards for service excellence; formal and informal training to develop skills; performance support tools to assist on the job; a holistic program of recognition and incentives to reward excellent service, and career development opportunities to help employees reach their full potential.

Lt. Col. Sam R. McAdoo, U.S. Army Garrison

Baumholder commander and Command Sgt. Maj. Earla L. Reddock and the FMWR team signed the customer covenant that commits FMWR to providing quality through service excellence to Soldiers and families commensurate with the quality of their service to the nation.

The director of FMWR, Gregory Galloway said, "Family and MWR understands that employees create value for their customers through predictable, consistent, efficient and customer-focused service."

As part of the organizational day activities, FMWR employees received certificates and special "thank you" T-shirts from their managers that listed FMWR as the customer's "first choice." Employees were then invited to sign the official covenant along with FMWR directors.

The employees of FMWR also promise to their customers that they will always be respected and

treated as individuals who are valued; receive a prompt and friendly greeting in a professional and courteous manner, experience aesthetically pleasing facilities, receive timely, accurate and helpful information, be offered high-quality products and services and have an opportunity to provide feedback, according to the newly signed covenant.

After the formal ceremony, participants enjoyed the festivities which included a cake decorated with the FMWR logo, buffet, music and dancing.

Key FMWR directors participating in the event were Gregory Galloway, FMWR director; Les Quick, business operations director; Kelly Nebel, community recreation division; Amy Bontrager, budget analyst; Elmer Little, Lagerhof Inn manager; Dan Furlano, Army Community Service chief; and Bonnie Phelps, Child, Youth and School Services chief.

FMWR roundup ... FMWR roundup ... FMWR

The 'Music Man' in town

Performances of "The Music Man" are scheduled for March 4, 5, 11, 12 and 13 at the Wetzel Playhouse. The show will start at 7 p.m. on March 4, 5, 11 and 12 and at 3 p.m. on March 13. This is a show for the entire family. Professor Harold Hill, a traveling salesman, arrives in River City intending to run his usual scam of offering to equip and train a boy's marching band, then skip town with all of the money since he has no real musical skills. Things go awry when he falls in love with the town librarian.

For more information contact Eric Danzeiser at mil 485-7244 or email hilltoptheater@eur.army.mil.

Ski trips

Outdoor Recreation offers ski trips to Interlaken Switzerland, Eiger region in Grindelwald March 4-6 and 18-20. The cost is \$269 per person and non-skier rates are available. Trips include overnights in a youth hostel, a two-day ski pass for Grindelwald, transportation and free beginner ski or snowboard lessons. The trip departs Baumholder at 6 p.m. Friday and returns Sunday at 10 p.m.

Black Forest ski/snowboard day trips to Feldberg are offered Feb. 26, March 26 and April 2. The cost is \$70 per seat and includes transportation, ski/snowboard rental and free beginner ski lessons. Lift passes are not included.

Ski Gasteiner Valley in Austria Feb. 18-21 and April 8-11. The cost is \$385 per person and non-skier rates are available.

For details call mil 485-7182/6202/6345 or stop by Building 8167.

Learn to swim for youth

Learn to swim sessions for youths are being offered by American Red Cross certified water safety instructors.

February weekday sessions are offered on Tuesdays, Wednesdays and Thursdays through Feb. 23.

Saturday sessions are offered through April 2.

March weekday sessions will be on Tuesdays, Wednesdays, Thursdays, March 8-23. The registration period is through March 23.

The cost is \$45 per person, per session (eight lessons per session). Call mil 485-7093 for more information.

Learn to swim for adults

Adult swimming classes are being offered in February by American Red Cross certified water safety instructors. Weekday sessions are Wednesdays and Fridays through March 4.

Saturday sessions are offered through April 2.

March sessions are Wednesdays and Fridays, March 9 through April 1. Registration is Feb. 8 through March 4. Various levels and times are available. Register at Arts and Crafts, Building 8895. The cost is \$45 per person, per session (eight lessons per session). Call mil 485-7093 for more information.

Lifeguard training

A lifeguard training course will be offered March 21-25 from 8:15 a.m. to 4:30 p.m. at the Baumholder Aquatics Facility, Building. 8897.

Participants must be at least 15 years of age and pass a prerequisite swim test on the first day of class. Cost is \$65 per person for the lifeguard training course which includes CPR and AED for the professional rescuer, first aid, lifeguard skills core curriculum and preventing

disease transmission training.

Registration period is through March 18. Register and pay at the Arts and Crafts Center, Building. 8895.

Call mil 485-7093 for more information.

Water aerobics

Water aerobics classes are offered on Tuesdays and Thursdays, 6-7 p.m. at the Baumholder Aquatics Facility, Building 8897.

The class is geared for adults, 17 years or older. Youth 13 and older may participate with a parent.

The cost is \$4 per person, per class or \$30 for 10 classes. Purchase class cards at the Arts and Crafts Center, Building

8895. The class is conducted in the shallow end of the pool. Call mil 485-7093 for more information.

Wine tasting

The Baumholder Community Spouses Club presents a wine tasting at the Rheinlander Community Club Feb. 18 at 6 p.m.

The session is open to members, their guests and the Baumholder community. Child care (with reservations) is available at the Smith Child Development Center. The cost is \$15.

If you do not cancel your reservation by the RSVP deadline and or, you are a no-show, you are required to pay the event price in full.

Outside the gate

Feb. 19-20

28th IVV volksmarch at Weierbach, Hessensteinhall

Feb. 27

Children Musical, Idar-Oberstein, City Theater, entrance fee

March 5, 27

Flea market at Metz, France, 7 a.m.

March 5, 6

Fasching Party at Baumholder, Brühlhalle, 7:31 p.m., entrance fee

March 6

"World Class Piano - Chopin Pur" Birkenfeld, Schloss, 5 p.m.,

March 12

Willie Logan concert, Birkenfeld, Stadthalle 8 p.m., entrance fee

March 19-20

17th Fairy Tale Fest at St. Wendel, Mia-Münster-Haus

March 19

Queen Revival Band, St. Wendel, Saalbau 8 p.m., entrance fee

March 26-27

IVV volksmarch at Kirn-Sulzbach

Fasching parades

March 5

Enzweiler-Hammerstein

March 6

St. Wendel 2 p.m.

Fischbach 2 p.m.

March 7

Baumholder, 2:11 p.m.

Idar-Oberstein 1:11 p.m.

March 8

Berglangenbach, 11.11 a.m.

Children Fasching events

March 6,

Weierbach, Hessenstein Hall, Idar, Heidensteil Halle 2 p.m.

March 7

Baumholder, Brühlhalle, 3 p.m.

March 8

Berglangenbach, Gasthaus Dahlheimer, 2 p.m.

News briefs

Community Town Hall

**Feb. 23
4 p.m.**

Rheinlander Community Club

FREE Prizes

FREE Prizes
Sponsored by

FREE Childcare
Provided by

FREE Snacks

Survey Results

Town hall meeting

The next community town hall meeting is scheduled for 4 p.m. Feb. 23 at the Rheinlander Community Club. Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, will discuss what is coming up on the community calendar. He will also discuss the results of the washer and dryer survey.

Plan to come out, grab a free snack and refreshments. There will be door prizes and child care will be provided. Door prizes include AAFES gift cards, free movie tickets, sports jackets, 50 percent off ski and snowboard rentals, arts and crafts gift certificates and more.

Child care will be available at the Wetzel Child Development Center and Wetzel School-Age Center for school-age children. Child care will begin a half hour before the town hall begins. For children ages 6 months to kindergarten call mil 485-7133 to reserve a slot. It will help to say it is for the town hall. For children in grades one to six, call mil 485-7475. Parents will receive a card to have stamped at the meeting to prove they attended the town hall. For more information about the town hall call mil 485-7205.

Customs Office hours

The Baumholder Customs Office is open Monday through Friday from 8 a.m. to noon and 12:30-4 p.m. The last customer is seen 15 minutes before closing.

JOE SATELLITE
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MOBILE: 0171 684 6926
www.joesat.com

ing. The office is closed on German and U.S. federal holidays. For more information call mil 485-8193/7442 or civ (06783) 6-8193/7442.

New hours at AAFES

Baumholder's Army and Air Force Exchange Service will adjust the hours of its facilities on March 7.

The new hours are:

- Main store, Monday through Saturday 10 a.m. to 7 p.m.; Sunday 11 a.m. to 6 p.m.

- Powerzone, Monday through Saturday 10 a.m. to 7 p.m.; Sunday 11 a.m. to 6 p.m.

- Home Furnishings, Tuesday through Saturday 11 a.m. to 6 p.m.; Sunday and Monday closed

- Shoppette Monday through Sunday 6 a.m. to 10 p.m.

- Military Clothing Sales Store, Monday through Friday 10 a.m. to 5 p.m.; Saturday and Sunday closed

- Car Care Center, Monday through Friday 8 a.m. to 5 p.m.; Saturday 9 a.m. to 3 p.m.; Sundays closed

- Anthony's Pizza, Popeye's, Monday through Saturday 11 a.m. to 7 p.m.; Sunday 11 a.m. to 6 p.m.

- Taco Bell, Baskin Robbins, closed

- Subway, Monday through Friday 8 a.m. to 7 p.m.; Saturday 10 a.m. to 7 p.m.; Sunday 11 a.m. to 6 p.m.

- TKS, Enterprise Car Rental, Alterations, Service Mart, Ronnies Wine, Monday through Saturday 10 a.m. to 6 p.m.

For more information contact Brian A. Smith, Baumholder main store manager, at mil 485-6275.



Photo by Ignacio "Iggy" Rubalcava

Col. Patrick E. Matlock, the 170th Infantry Brigade Combat Team commander, and Command Sgt. Maj. Michael Grinston, the brigade command sergeant major, case the brigade colors during a ceremony at the Hall of Champions in Baumholder Feb. 4. The ceremony symbolized the beginning of the brigade's yearlong deployment to Afghanistan.

Casing ceremony marks 12-month deployment

By Sgt. Christopher Klutts

170th Infantry Brigade Combat Team Public Affairs Office

Nearly 18 months after the 170th Infantry Brigade Combat Team colors flew anew, the brigade commander and command sergeant major furled the guidon, a red and blue flag bearing the brigade's bayonet emblem in its foreground, and marked the beginning of the brigade's yearlong deployment to Afghanistan.

Soldiers with 170th IBCT held a casing of the colors ceremony at the Hall of Champions Feb. 4. The deployment is the brigade headquarters first to a combat zone since its involvement in the Polar Bear Expedition into northern Russia during World War I. The troop movement will consist of roughly 3,000 Bayonet Soldiers leaving the Baumholder community in February.

Col. Patrick E. Matlock, 170th IBCT commander, expressed his gratitude for his Soldiers' hard work during the train-up period for the Operation Enduring Freedom

deployment. Matlock also said he was confident the brigade's troops were ready to perform the mission at hand.

"In November I went to Afghanistan with the senior leaders of the brigade to conduct a reconnaissance for our deployment," said Matlock. "As Command Sgt. Maj. Grinston and I returned to Baumholder, both of us shared the same feeling: We are ready. Nothing we saw gave us concern because of the direction and quality of our training."

The brigade deployed twice to Grafenwöhr Training Area in the last 12 months for weapons qualification and once to the Joint Multi-National Readiness Center in Hoenfels for a mission readiness exercise in preparation for the deployment. Matlock thanked Bayonet family members for their support during the training process and reminded the Soldiers in formation how important family members are even while separated geographically.

"Every Soldier has a family, whether single or married, whether accompanied here in

Europe or supported proudly from home," said Matlock. "A Soldier learns very early in the Army that none of this is possible without the love and care of a strong family."

Bayonet Soldiers with Company B, 40th Engineer Battalion deployed to Kandahar Airfield, Afghanistan, in June 2010 and were the first to deploy from the brigade. Soldiers from 3rd Battalion, 4th Infantry Regiment, followed when they deployed to Camp Alamo in November to train Afghan National Security Forces in support of NATO's training mission.

The majority of the brigade's Soldiers will work under a German division and conduct operations throughout northern Afghanistan, while the brigade's 4th Battalion, 70th Armored Regiment, Soldiers will be part of a Canadian battle group in the south. The Soldiers will provide security for International Security Assistance Force provincial reconstruction teams and help train Afghan National Security Forces and Afghan Border Police to guard their homeland.

Commissaries expand focus on health

By Sallie Cauthers,
*Defense Commissary Agency
Marketing Office*

Customers who want to improve their health will have plenty of help at their local commissaries as the new year rolls out a variety of special discounts, coupon booklets and giveaways.

“Our industry partners have joined together to offer our customers the most nutritious and delicious products for your mind, body and wallet,” said Chris Burns, sales director for the Defense Commissary Agency. “Your local commissary is working diligently to offer the very best selection of food products worldwide at a great savings. The expansion of health and wellness products will provide our customers with healthy alternatives throughout the commissary aisles.”

February is the kick-off month for a variety of health initiatives being promoted at many DeCA stores worldwide. Since some of these promotions may differ depending on location and size of the store, customers are asked to check their local commissary to see what promotions are going on at their installations.

The healthy promotion

lineup begins with a “Heart Truth Extraordinary” giveaway that includes a trip for two to a Red Mountain Spa; heart monitor watches; and Heart Truth fitness packs: a gym bag, t-shirt and water bottle. This special promotion also includes discount coupon booklets that are valued at \$10. This special Heart Truth program is hosted by a variety of industry partners.

Also beginning in February, there will be a “Just Add Milk!” promotion, offering high-value coupons on special select cereals, including a coupon for free milk with multiple purchases.

Karen Hawkins, the DeCA dietitian, advises customers who want to eat healthy to pay particular attention to their cereal choices. “Look for around five to 10 grams sugar per serving and five to 10 grams fiber per serving,” she said. “Add low-fat milk to make it a snack any time of day. Cereal and milk is also a great light meal for dinner, along with a piece of multigrain toast and fruit.”

The “Health and Wellness Food That Matters” program also makes its debut in February. It includes discounts on organic and gluten-free products. Customers are asked to look in their local commissary’s

general health food aisle for all of the new gluten-free products that have arrived since December 2010.

“Creating a healthy lifestyle can be easy with a little help,” Hawkins said. “To help you get started and stay on track, check out the Health and Wellness section of www.commissaries.com. Get started today on eating and living a totally healthy lifestyle.”

Another big promotion being unveiled in February is the “Focus on Fitness Challenge.” This challenge invites customers to enter a fitness challenge to give their military community a chance to win thousands of “wellness” dollars. Customers will be offered coupons for top wellness brands.

The more coupons redeemed at their local commissary, the better the chances of their local community winning cash “wellness” prizes, which results in more opportunities for the local community to focus on fitness. Customers are asked to look for Focus on Fitness banners in their local commissaries.

Customers will see

special posters and displays highlighting “Making Healthy Choices at the Commissary,” a promotion that includes a bundle coupon tied to savings on produce and recipe tear pads with inexpensive, healthy, quick meals.

And, last but not least, commissary customers will see pink and red hearts posters highlighting the “Heartfelt Savings – It’s Worth the Trip” promotion. This promotion offers participants a chance to win a trip for two to a location or event of the customer’s choosing. The winners in each DeCA region receive roundtrip airfare for two, hotel for two nights, plus \$1,000 spending money for each winning couple.

A two-page flyer with the entry details, as well as high-value, money-saving coupons on various brands will be located at commissaries worldwide. Customers can also register to win online.

“February is American Heart Month, so take care of your heart; you only have one of them,” Hawkins said. “As you are eating healthier this year and losing weight, remember to fit in a little exercise, whether it is walking briskly around the block with your kids and dog or taking the stairs at work instead of waiting for the elevator.”

For more information about special promotions at your local commissary visit www.commissaries.com.

DoD phases out Resumix; CPAC holds info sessions

The Department of Defense will phase out the legacy software system Resumix used to staff federal jobs and replace it with USA Staffing. Job vacancy announcements will be available only on www.usajobs.gov and applicants must apply through USAJOBS, not the Army Resume Builder. The Wiesbaden Civilian Personnel Advisory Center will host town hall meetings to provide information about USA Staffing for both managers and applicants. The manager town hall sessions will be held on Feb. 28, at 9 a.m. and 2 p.m. The applicant town hall sessions will be held March 9 at 9 a.m. and 2 p.m.

Families qualify for earned income credit

The American Recovery and Reinvestment Act of 2009 created a new category of families with three or more children and increased the maximum benefit of Earned Income Tax Credit for tax years 2009 and 2010.

The Tax Relief and Job Creation Act of 2010 extended these changes through 2012.

The maximum credit for 2010 tax returns is \$5,666 for workers with three or more qualifying children. However, workers without qualifying children may also be eligible for a smaller credit amount.

To qualify for EIC, filers must first meet certain requirements then the categories are split; those who have a qualifying child and those who do not. Visit www.irs.gov for more information on which families qualify.

The most important rule for military personnel and civilians are that one must have lived in the United States for more than half of the year.

For military personnel, this rule is met because U.S. military personnel stationed outside the U.S. on extended active duty are considered to have lived in the U.S. during that duty period for EIC purposes. This rule does not include retiree, civilians or U.S. contractors.

Also, if a spouse is a non-resident alien for any part of the year EIC cannot be claimed unless the status is married filing jointly. However, if this is choice selected, the spouse will be taxed on the filer’s worldwide income.

For more assistance regarding tax issues, visit the Wiesbaden Tax Assistance Center at its new location in the Tony Bass Fitness Center, Wiesbaden Army Airfield Building 1043, Room 207 or call mil 337-4755 or civ (0611) 705-4755.



Photo by Sgt. Joel Salgado

U.S. Army Europe commander Gen. Carter F. Ham and wife, Christi, complete their 2010 tax return at the Heidelberg Tax Center Feb. 8.

Defining prayer for a changing nation

By Chrystal Smith

*U.S. Army Garrison Wiesbaden
Public Affairs Office*

“We are beginning our final descent. ... If you believe in God, it’s time you start praying.”

A pilot’s remarks to passengers at the end of a turbulent flight laid the foundation of U.S. Army Europe Chaplain (Col.) Charles R. Bailey’s message to Soldiers and civilians at the Wiesbaden National Prayer Breakfast observance Feb. 8 at the Community Activity Center.

“When all the exits are blocked and there’s no other place you can go, go to the great creator,” said Bailey, as he explained what prayer really means to those attending the annual event. “There is only one source, the great giver of life.”

And while many believe their personal prayer requests are righteous, Bailey challenged such judgment by sharing the following list of requests he had recently heard to allow the audience to gauge their spiritual sanity:

- ▶ God help me to consider other people’s feelings even if most of them are hypersensitive and wrong;
- ▶ ... Help me take responsibility for my own actions, even though they’re usually not my fault;
- ▶ ... Help me to try not to run everything, but if you need some help just ask;
- ▶ ... Give me more patience, right now;

- ▶ ... Help me to do only what I can and trust you for the rest; but it would help if you would put that in writing;
- ▶ ... Help me to revenge on those people because they really have hurt me. By the way, thank you for forgiving me of my wrongdoings;
- ▶ ... Lord I dedicate my life to you just as long as you don’t touch my bank account, do not mess with



Photo by Chrystal Smith

U.S. Army Europe Chaplain (Col.) Charles R. Bailey addresses the audience at the Wiesbaden National Prayer Breakfast observance Feb. 8 at the Community Activity Center on Wiesbaden Army Airfield.

my golf schedule and my choice of office secretary.

The son of a Methodist minister said prayer is not shallow conversation or light remarks expressed to an insignificant being.

“When everything else falls apart, when all of a sudden there’s no place else to go ... There’s only one person I’m talking to,” said Bailey as he told of a desperate time when his son was in the fight for his life.

Bailey referenced a biblical excerpt, read earlier in the program, from the book of Jonah — the man who was trapped in the belly of a fish — to convey the earnestness of prayer.

“It was a soul crying to his god for help,” said Bailey. “Jonah knew what prayer was all about. ... Anytime you want to pray, is in the ‘belly of a fish’ moment of life.”

Bailey implored the attendees to examine their divine relationship and to seek clarity of God’s true desires for their individual lives.

“Do we deserve what God has for our lives,” asked Bailey as he sorted through thoughts of seeking and finding true happiness. “In crisis where do we go ... Do we only go to him in crisis? ... What we want and what we need are sometimes in conflict with what we want in life.”

The event included a prayer for the nation, a Bible reading and a special music presentation from two members of the Frankfurt Milal Missionary Choir.

Hoopty sales: New option for local car buyers

By Chrystal Smith

*U.S. Army Garrison Wiesbaden
Public Affairs Office*

Those in the market for a new set of wheels have another option to consider in Wiesbaden.

The Wiesbaden Auto Skills Center recently launched the hoopty sales program that allows hopeful consumers to make bids on automobiles that were otherwise bound for destruction.

“Sometimes you get a nice car for a little money,” said Richard Babcock, Auto Skills Center director, who said valid ID cardholders can participate by offering a minimum bid of only \$250.

The cars in the bid program are donated by community members who have to get rid of vehicles for reasons not limited to permanent changes of station, excessive vehicles registered to one owner, new car purchase or inoperability.

Formerly, donated vehicles, despite the condition, were sold to the crushing yard and then destroyed. Because a sig-

nificant amount of basically operable cars were scrapped as a result, the Auto Skills Center began the project to help community members and the environment.

“It prevents the senseless destruction of otherwise usable cars someone around here could always use,” said Babcock. “This is a way to recycle and give the car another chance.”

After vehicles are donated, the staff works to identify any faults before putting them up for bid. The known faults are listed on a maintenance and inspection worksheet to help prospective buyers assess the condition of the vehicle.

“We identify the faults before we put them up for bid, but there’s always the chance that we missed something,” said Babcock who emphasized that items are purchased “as-is,” and that potential owners should be prepared to have a little work done to ensure a car passes inspec-



tion.

Because the cars may need some work after the purchase is done, the Auto Skills Center offers additional services to aid the new car owners.

“We’re here to help,” said Babcock who said the Auto Crafts Center has ASE certified staff, offers repair services or a place to work on the car. “If you don’t feel confident to perform the work yourself, then talk to us about your needs and we’ll

gladly help you out at a price you can’t beat.”

Each month bids can be placed on vehicles located at the lot in Hainberger Housing across the street from the Army Lodge. Sealed bids are submitted at the Wies-

baden Entertainment Center during the specific auction period. Bidders must be valid U.S. id cardholders able to register vehicles with U.S. Army Europe vehicle registration to participate in the program.

Contact the Auto Skills Center at mil 334-2460 or civ (06134) 604 460 for more information on the hoopty sale program.

Helping moms hone their photographic skills

Volker Ramspott of the Wiesbaden Training Support Center shares tips for improving children's portrait photography during a session of the Wiesbaden Mothers of Preschoolers Feb. 9. The Wiesbaden Mothers of Preschoolers meet the second and fourth Wednesday of the month from 9-11 a.m. at the Wiesbaden Army Airfield Chapel. MOPS is designed to nurture mothers with children from pregnancy through kindergarten. Child care is provided on a space available basis. Email wiesbadenmops@gmail.com to reserve a spot.

Photo by Karl Weisel



Dentists stress importance of early teeth care



Photo by Karl Weisel

Maj. Kevin Parker describes the importance of proper teeth brushing during a visit to the Wiesbaden Child Development Center for National Children's Dental Health Month.

By Maj. Kevin Parker
Chief of Pediatric Dentistry,
Wiesbaden Dental Clinic

February is National Children's Dental Health Month. This monthlong annual event is sponsored by the American Dental Association with the intent of promoting the oral health of children.

During February local military dentists are focusing on flossing, brushing twice a day and decreasing exposures to sugar.

It has been said before, but flossing is very important. There is no other way to clean between teeth once they are touching. There is an old saying, "Only floss the teeth you want to keep."

Everyone knows brushing teeth is imperative. However most people don't know that

young children don't have the hand skills to do a proper job by themselves.

Parents must brush their children's teeth up to age 9. It is important for children to learn the skill — so parents can let the child brush first and then the parent should perform a thorough follow-up.

Whenever a child eats or drinks anything with sugar (candy, juice, fruit, etc) the mouth goes into a "cavity zone" for one hour. During this period the mouth is acidic and cavities are growing. Limit snacks to twice a day (or less) and nothing but water after they brush their teeth at night.

These items may seem small but they really do matter and make a big difference in your child's health and smile.

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Recognizing exceptional service

U.S. Army Garrison Wiesbaden Command Sgt. Maj. Hector Prince and Col. Jeffrey Dill, USAG Wiesbaden's commander, recognized seven individuals Feb. 8 for outstanding customer service during the month of January.

The six civilian employees and one Soldier were honored for their overall efforts to provide remarkable customer service.

While all received certificates of appreciation, civilian employees also received a

\$250 cash award. Soldiers earn a three-day pass.

The following people were acknowledged by coworkers and customers who submitted comments to the Interactive Customer Evaluation System:

John Horne, Directorate of Human Resources, motor vehicle operator was noted for going

"out of his way to ensure the best customer service possible."

Bernd Hulsey, Directorate of Logistics transportation specialist, was noted for professionalism and dedication;

Sgt. David Jones, Wiesbaden Health Clinic immunizations specialist, was recognized for his professionalism and

management of the Immunization Clinic that has become, "one of the most efficient services in the clinic."

Rebecca Oden, Directorate of Human Resources workforce development specialist, assisted a departing Soldier to clear the Tax Relief Office. "What makes this situation so impressive is that she does not work in this office. ... Her efforts show she cares about the organization and Soldiers;"

Edgar Schauss, Directorate of Logistics transportation assistant, was noted for "exceptional performance during the 1st Armored Division redeployment." His positive "can do" attitude, professionalism and friendly service were also noted.

Bernhard Wolff, Directorate of Logistics transportation assistant, was noted for efforts given in support of the 1st AD redeployment and "devoted, customer service on an indi-



Horne



Hulsey



Jones



Oden



Young



Photo by Chrystal Smith

Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, presents **Edgar Schauss** and **Bernhard Wolff** a \$250 cash award Feb. 8 at the Wiesbaden Transportation Office.

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March 15-31

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Black History Boxing Tournament
Saturday, Feb. 26
Boxer Registration from 9 a.m. - noon

BOXING
In Celebration of Black History Month.

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Community notes ... Community notes

Spiritual fitness

Day-long **Marriage Enrichment Seminars** will be held March 1, April 5, May 10, June 28 and July 26. The seminars will be interactive and feature fun activities for couples (no death by Powerpoint). **Renovare Spiritual Formation Groups**, open to all Catholic, Protestant and Orthodox service members and families, will meet on the second floor of the Wiesbaden Entertainment Center from 1-2 p.m. on Wednesdays. Another upcoming spiritual fitness event is a **Spiritual Disciplines Breakfast** March 9 at 6:45 a.m. at the Wiesbaden Dining Facility. Speakers Chaplain (Lt. Col.) Jason Duckworth (Protestant) and Chaplain (Capt.) Edgar Villanueva (Catholic) will reflect on the Lenten season and its impact on spiritual life. Contact Chaplain (Capt.) Andrew Shriver at Andrew.shriver@eur.army.mil.

Red Cross blood drive

The American Red Cross sponsors a blood drive March 4 from 9 a.m. to 3 p.m. at the Tony Bass Fitness Center on Wiesbaden Army Airfield. For more information visit www.wiesbaden.army.mil.

militarydonor.com.

Community outreach

The Wiesbaden Passport Office, in conjunction with the U.S. Consulate in Frankfurt, will be accepting report of birth and tourist passport applications from customers March 31 from 9:30 a.m. to 2 p.m. in Room 223, Building 1023E on Wiesbaden Army Airfield. Representatives from the Department of Homeland Security, Social Security and other consular benefits offices will be available as well. Visit www.wiesbaden.army.mil/sites/news/CommunityOutreach.pdf for more information.

Army Family Action Plan Conference

U.S. Army Garrison Wiesbaden holds its 2011 Army Family Action Plan Conference Feb. 24-25 at the Wiesbaden Entertainment Center. The garrison is seeking volunteers to serve as facilitators and delegates for the event. Call mil 337-5234 or civ (0611) 4080-234 for more information.

Virtual Combat Convoy Trainer

Wiesbaden Soldiers will have a state-of-the-art training

opportunity when the Virtual Combat Convoy Trainer comes to Wiesbaden Army Airfield in mid-March. The convoy trainer features a 360-degree spherical visibility and weapons engagement area with the latest imagery of actual terrain, buildings, simulated pedestrians, traffic and other features. Contractor support to operate the trainer will be available for eight hours a day, five days a week. The VCCT is normally run in four-hour training blocks 8 a.m. to noon and 1-5 p.m. for up to 20 Soldiers per training session. Units should identify which time period they want (to start training around March 17); however, if desired, training can also be arranged to be held on weekends or after duty hours. All scheduling should be arranged using the Range Facility Management Support System. To schedule to use the VCCT, look for it under the Wiesbaden TADS firing desk (VCCT-WI). For more information contact William Treadway at mil 337-7612 or Greg Poielarz at mil 334-4731.

Silk coming to town

Members of the American R&B group, Silk, will sign

autographs at the Wiesbaden Army Airfield Dining Facility Feb. 17 from 11:30 a.m. to 1 p.m. and the Hainerberg Main Exchange Feb. 18 from 2-4 p.m.

Military and Family Life Consultants

Need someone to talk to? Military and Family Life Consultants are licensed and certified psychologists who can help with free, confidential support. Call civ (0175) 617 5799 or (0152) 2659 7638 for help.

WCSC highlights

The Wiesbaden Community Spouses Club invites members and potential members to the following upcoming events: **Wächtersbach Pottery Trip** Feb. 25; **Scapbooking** at noon at the Arts and Crafts Center Feb 26; **Bingo** Feb. 26 and March 5 at the Army Community Service Cafeteria in Hainerberg Housing; **Bowling** March 10; **Trips and Tours Luncheon** at the Community Activity Center at 10 a.m. March 16. Visit www.wiesbadenspousesclub.com.

wiesbadenspousesclub.com.

Family Child Care providers wanted

Child, Youth and School Services seeks qualified Family Child Care providers. Earn an income while working from home. Call civ (0611) 4080 383.

Black History Month Observance Feb. 22

Come out and enjoy live music, poetry readings and skits in celebration of Black History Month Feb. 22 from 6-7 p.m. at the Flyers Theater.

Job/Career Expo

Army Community Service hosts a Job and Career Expo March 25 from 10 a.m. to 2 p.m. at the Community Activity Center on Wiesbaden Army Airfield. The event will feature university representatives, potential employers and experts to help with the job application process. Call Diane McManus at mil 335-5254 or civ (0611) 4080 234 for more information.



Photo by Karl Weisel

Parent-to-Parent Story Time

Kellie Smith of the Parent-to-Parent program reads a story during story time at the Wiesbaden Library Feb. 9. Story time is featured every second Wednesday of the month at 9:30 a.m. with "bugs" as the topic for March 9. For more information on the Parent-to-Parent program send an email to ptop.wiesbaden@militarychild.org.

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Dancing with daddo

Story and photos by
Jennifer Clampet

U.S. Army Garrison Wiesbaden Public Affairs Office

Girls from across the U.S. Army Garrison Wiesbaden put a spin on their fathers' welcome home celebrations.

They also added a few dips, twists, turns and squeals.

Dads and daughters filled the Wiesbaden Middle School gymnasium for the Feb. 5 Daddy Daughter Dance at the Wiesbaden Middle School gymnasium.

Hosted and coordinated by three area Junior Girl Scouts, the event was open to all girls who were welcoming home a deployed father.

"The inspiration actually came from tears," said 11-year-old Catherine Holinger whose father, Air Force Lt. Col Chris Holinger, with the 1st Air Support Operations Squadron, was deployed for six months in 2010.

After the first two months of the deployment, the tears came, said Catherine. After that, all she could think of was what she would do to welcome him home.

"It makes me feel wonderful and awesome," said Lt. Col. Holinger as he stood in the room full of dads. "It's great to see a lot of guys here relaxing and hanging out with their daughters. We're used to seeing each other in a more keyed-up setting, not this relaxed atmosphere. We're not concerned about work here."

"The inspiration (for the dance) actually came from tears." — 11-year-old Catherine Holinger, daughter of a service member

While some dads hung close to the gymnasium, Airman Timothy Ray, with the 485th Intel, twirled his daughter, Lanah, around the dance as her dad led her through a few jive turns and a few dance steps each ending with a giggle-in.

Maj. John Bartholomew, Company D, 52nd Infantry, ment commander, marshaled his daughter Anna through a few dance steps each ending with a giggle-in.

The event earned three Girl Scouts — Bettencourt and Destiny Symmes — their Bronze Award.

The award is the highest honor a Junior Girl Scout can earn and requires focusing on a project that makes a difference in the community.

"All their dads were still in Iraq," said Destiny. "In the fall these girls stepped up and said we want to do a daddy-daughter dance. And for the 1st Armored Division kids or for Girl Scouts, it can have a dad deployed."

According to the National Fatherhood Initiative, more than 300,000 military fathers were deployed for between 30 and 90 days in 2010.

And about 593,000 active duty service members and 300,000 U.S. reservists are fathers.

Having a dad deployed was common for Wiesbaden children as the 1st Armored Division took more than 10,000 troops to Iraq in 2003.

"Most of the time, when a dad goes, it's just before the threat is over, so their dad is not there for the Awards."

Ava Bettencourt's father was deployed to the 1st Armored Division in 2010.

"We talked about (the dance) on Skype with her dad," said Bettencourt. "I was really excited about it."

As her eyes darted across the dance floor in the gymnasium, she hesitantly responded to one last question.

"My dad ... uh ... not the best (dancer) but he's smiling and running to the center of the dance floor."



Senior Airman Timothy Ray dances with his daughter Lanah at the Daddy Daughter Dance Feb. 5 at the Wiesbaden Middle School.



Chief Warrant Officer 3 Eric Schaub, 1st Armored Division, dances with his daughter.



Young girls dance and catch bubbles as fathers look on at the Daddy Daughter Dance Feb. 5 at the Wiesbaden Middle School. left: Maj. John Bartholomew, commander of Company D, 52nd Infantry, escorts his daughter Annabelle to the dance.

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A blind guest at the Holocaust Memorial dedication ceremony Jan. 27 in Wiesbaden uses his fingertips to read the names of Jewish Wiesbaden residents killed during the Holocaust.



Pictured in this 1930s photo: Joseph Goldschmidt was the custodian of the former Wiesbaden synagogue on Michelsberg Hill until it was destroyed in the Pogrom Night of Nov. 9, 1938.

A place to mourn, remember

1,507 names cover the Holocaust Memorial at Michelsberg Hill in Wiesbaden

Story and photos by
Anemone Rueger
U.S. Army Garrison Wiesbaden
Public Affairs Office

"I will give them a name in my sanctuary better than sons and daughters," recited Wiesbaden Rabbi Avremi Nussbaum from the book of Isaiah as he addressed hundreds gathered Jan. 27 to dedicate a memorial to Wiesbaden's Jewish citizens murdered under the Nazi regime.

After months of construction, years of planning and decades of research on the fates of the members of Wiesbaden's once flourishing Jewish community, the memorial on Michelsberg Hill at the location of the once majestic synagogue was turned over to the public.

"It is a place for relatives to mourn, for the victims to have a name and to prevent us from forgetting," said Wolfgang Nickel, chairman of the city parliament. His predecessor, Angelika Thiels, known to many U.S. military spouses here as a great friend and supporter, was instrumental in uniting all stakeholders to make the memorial a reality. She passed away before seeing the result.

Jan. 27 is observed worldwide as Holocaust Memorial Day, commemorating the liberation of the Auschwitz concentration camp by the Russian Red Army in 1945, a few months before the official end of World War II. One and a half million lives were extinguished there, making it the horror-filled symbol for the systematic annihilation of the Jewish people by Germany's Nazi regime.

"A few months ago I followed the extensive news reporting on the castor trains transporting nuclear waste through Germany," said Moritz Neumann, chairman of the Association of Jew-

ish Congregations in Hessen. "I observed the incredibly dedicated demonstration of civil disobedience as protestors tried to prevent the transports, risking their lives to stop the trains. And I wondered, what if the same had happened 67, 68, 69 years ago as Jewish neighbors, colleagues, friends were deported to death in the camps in cattle trains, along the 970 kilometers from Wiesbaden to Auschwitz — before the very eyes of the public."

In the place where Wiesbaden's synagogue was burnt down and destroyed in a devastating wave of violence against German Jews on Nov. 9, 1938, the high walls of the memorial now carry 1,507 names of local Jewish entrepreneurs and shop owners, goldsmiths and tailors, teachers and scholars, pensioners and children. Words such as Maidanek, Treblinka and Auschwitz document the unspeakably cruel end of their lives.

"This ceremony is very special for me," said Doron Zahavi, a guest visiting from Petakh Tikvah, Israel, as he looked around during the ceremony. "The ground we are standing on is the very place where my father was born. My grandfather, Joseph Goldschmidt, was the custodian of the synagogue."

"Look. Look what I just discovered here," he said with excitement, pointing to a small map of the synagogue grounds in a documentary book handed out to ceremony attendants. "You see this little house here behind the synagogue? This is where my family used to live."

"My father loved Wiesbaden and Germany," said Zahavi. "He used to ride his bike along

the Main River to Frankfurt to visit his cousin, watching the ships along the way and dreaming of faraway destinations."

The names of Joseph and his children are not on the wall. "The family decided that the kids would leave when the first brown shirt entered Wiesbaden," said Zahavi. His father Ernst and two siblings left Germany in 1935. Grandfather Joseph left for England in 1939, and later for Israel, after surviving imprisonment at the Buchenwald camp following the Pogrom Night of November 1938, from where he was released after six weeks thanks to his military awards as a front fighter for the German Empire in World War I. Upon arrival in Israel, the name Goldschmidt turned into Zahavi.

"Behind each one of the names, there is a personal story, a fate that touches each one of us," said Nickel, addressing those who had come to commemorate. "This is an important day for Wiesbaden. We are taking responsibility for our history.

We want to lift the victims out of anonymity."

"Today I have closed a circle," said Zahavi, looking up Michelsberg hill into the nightly sky.

The memorial wall is located within walking distance and just up the hill from Wiesbaden's city hall. Aktives Museum Spiegelgasse on Wiesbaden's Spiegelgasse St. 9 behind the Nassauer Hof hotel offers extensive research material on the history and individual stories of Jewish Wiesbadeners. It is open Thursday and Friday 4-6 p.m., Saturday 11 a.m. to 1 p.m. and also upon request. For more information, visit the museum's website at www.am-spiegelgasse.de.

Visit the Aktives Museum Spiegelgasse's website at www.am-spiegelgasse.de and learn more about the individual stories of Jewish Wiesbadeners.

By Donald Seltzer
Volksmarching Editor

Take a hike: A guide to volksmarching in the Baumholder/Wiesbaden area

Trail notes

☺ Interested in volksmarching but not sure how things work? A basic guide to getting started in the sport is available in a PDF format by sending an email message to volksmarch@gmail.com with the subject "Getting Started."

☺ Look for additional event choices at www.wiesbaden.army.mil/hunion/Takeahike.htm.



Weekend of Feb. 19-20

Bad Marienberg (56470) — Although it's a bit of a drive, this event offers a swim and rewards walkers with scenic views of the Hoher Westerwald region. From Giessen use Autobahn 45 toward Herborn and Siegen and exit at Herborn-West to use B-255 and B-414. Drive west toward Hachenburg and watch for IVV directional signs.

Start: Schulzentrum (walk) on Kirburger Strasse and MarienBad (swim) at Bismarckstraße 65 **Saturday** and **Sunday:** 7 a.m. to 2 p.m. (5, 10 and 20 km) and 9 a.m. to 2 p.m. (swim) **Trail:** Hilly, wooded areas **Award:** Ceramic dove.

Geislautern (66333) — This walk is west of Saarbrücken and should be within volksmarching range of wanderers in the Kaiserslautern military community. Use Autobahns 6 and 620 to Saarbrücken and Völklingen. Exit at Geislautern and follow directional signs to the start hall.

Start: Dorfgemeinschaftshaus at the Schlossparkschule **Saturday:** 7 a.m. to 3 p.m. (6 and 10 km) **Sunday:** 7 a.m. to 1 p.m. (6 and 10 km) **Trail:** Unknown **Award:** From previous events.

Weekend of Feb. 26-27

Liebshausen (55494) — The Hunsrück region is one of Germany's prettiest; this event in Naturpark Soonwald-Nahe is no exception, particularly

when everything is in full bloom. Use Autobahns 60 and 61 past Bingen and toward Koblenz. Exit at Rheinböllen and follow a secondary road through the town to the start at Liebshausen a short four kilometers further.

Start: Antonius-Halle **Saturday** and **Sunday:** 8 a.m. to 1 p.m. (6 and 11 km) **Trail:** Hilly trails, woods and some fields **Award:** None.

Rothenburg ob der Tauber (91541) — This walk explores the medieval walled city of Rothenburg. The Saturday-only old-town walk offers a mini tour of its many shops and sights. The outside trails, including a half marathon distance, are a great choice if you've already experienced the old city trail. It's crowded but not overwhelming; parking is plentiful. In conjunction with this special walk discounts on admission are offered by a number of museums and attractions by showing your IVV start card. Use Autobahns 5, 6 and 7 past Heidelberg, Heilbronn and Crailsheim in order to reach Rothenburg. Alternately, Autobahns 3 and 7 via Würzburg and Kitzingen may be used.

Start: Sporthalle at Erlbacher Strasse 5 **Saturday:** 7 a.m. to noon (6, 11 and 21 km outside of city) and noon to 4 p.m. (11 km old city trail) **Sunday:** 7 a.m. to 2 p.m. (6 and 11 km) and 7 a.m. to noon (21 km) **Trails:** Old city routes are paved and have steps; trails in the surrounding area are hilly and wooded **Award:** Cloth shopping bag.

Weekend of March 5-6

Greifenstein-Beilstein (35753) — This event is west of Giessen and a bit distant for all but the most dedicated wanderers. A variety of four trail lengths are offered to participants. From Giessen use B-49 west to

take the Herborn-Süd or Ehringshausen exits to follow IVV signs to the start.

Start: Sportlerheim on Sportplatzstrasse **Saturday** and **Sunday:** 6:30 a.m. to 2 p.m. (6 and 10 km), 6:30 a.m. to noon (21 km) and 6:30-10:30 a.m. (30 km) **Trail:** Fairly hilly, woods **Award:** From previous events.

Schwalbach-Griesborn (66773) — Wanderers will find this Saarland event northwest of Saarbrücken and easily reached by autobahn from the Landstuhl/Ramstein area. From Idar-Oberstein, Neubrück and Baumholder, use Autobahns 62 and 1 south toward Saarbrücken. Connect with Autobahn 8 toward Saarlouis and exit at Schwalbach/Schwarzenholz. Use secondary roads through Sprengen and Schwalbach to the start at Griesborn. From Ramstein and Landstuhl, use Autobahns 6 and 8 toward Saarlouis to reach the Schwalbach/Schwarzenholz exit, then follow secondary roads through Sprengen and Schwalbach to reach Griesborn.

Start: Gemeindesaalbau at Hauptstrasse 90 **Saturday:** 8 a.m. to 2 p.m. (6 and 10 km) **Sunday:** 8 a.m. to 1 p.m. (6 and 10 km) **Trail:** Unknown but expect somewhat hilly, woods **Award:** None.

Weekend of March 12-13

Hemmersdorf (66780) — This Saarland event is west of Dillingen and only a few kilometers from the Luxemburg border, yet it's easily reached by autobahn from the Landstuhl/Ramstein area. From Ramstein and Landstuhl, use Autobahns 6 and 8 toward Saarlouis and Merzig and exit at Rehlingen. Use secondary roads through Büren to reach Hemmersdorf.

Start: Grenzlandhalle on Niedaltdorfer Strasse 90 **Saturday:** 7 a.m. to 2 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (15 km) **Sunday:** 7 a.m. to 1 p.m. (6 and 10 km) and 7 a.m. to noon (15 km) **Trail:** Unknown **Award:** None.



Outdoor Rec trips

Wiesbaden Outdoor Recreation is headed to **Stubaital, Austria**, March 4-6; **Dolomiti Bellamonte, Italy**, March 17-21; the **Black Forest** March 26-27; and **Tropical Island Berlin** March 26-27. Call mil 337-5750 for details. Baumholder Outdoor Rec heads to **Dorfgastein, Austria**, Feb. 18-21 and the **Black Forest** Feb. 26. They also offer help making bows for the start of spring archery. Call mil 485-7182 for details.

Lego exhibition extended

Wiesbaden's Marktkeller has extended its giant exhibition of Lego constructions through early May. The exhibit is open from 10 a.m. to 7 p.m. daily and features a three-meter-high Saturn V rocket, the Parthenon built out of 125,000 lego pieces, the Chrysler Building and lots more. Admission is €8 for

adults, €6 for children up to age 14 and €20 for a family ticket (two adults and two children). Visit www.steine-wiesbaden.de for more information.

Praise Night 5

The Saturday Night Church (Christlichen Zentrum Wiesbaden, Daimlerring 86, 65205 Wiesbaden-Nordenstadt) hosts another evening of spirited performers March 12 from 6:30-9:30 p.m. The concert, featuring iPraise, Beautiful Bride, Devoted, Arbaitnehmer and Lorelei, is free.

Grow own garden

The Meine Ernte organization offers organic vegetable gardens to rent in Wiesbaden-Nordenstadt (at the Scholzenhof, Breckenheimerweg 22) with the season starting in April and wrapping up in October. Gardens are professionally



Organic vegetable gardens are available for rent.

prepared by a farmer with more than 20 different vegetables, herbs and flowers. Families are invited to plant, tend and harvest their vegetables and herbs. An information meeting will be held Feb. 27 at 4:30 p.m. Visit www.meine-ernte.de, call civ (0228) 2861 7119 or read the Things to do blog on the garrison homepage (under Helpful Links) for more information.

Civil Rights Struggle exhibit

The Heidelberg Center for

American Studies in conjunction with Vassar College and the German Historical Institute are hosting a special exhibition, the Civil Rights Struggle, African-American GIs and Germany, at the Curt and Heidemarie Engelhorn Palais in Heidelberg (Hauptstrasse 120) March 15 to April 21.

Baumholder Library

Baumholder Library celebrates Read Across America Day March 2 with a reading of Dr. Seuss's "Horton Hears A Who" at 3:30 p.m. The library offers Toddler Story Time every Thursday at 10:30 a.m. and Children's Story Time every Tuesday at 3:30 p.m. Call mil 485-1740 for more information.

Crafters sought

The Hohenfels Community and Spouses Club seeks crafters to sell their handmade

goods during a Celebration of the Arts exhibition and crafts show April 9 from 10 a.m. to 3 p.m. Contact Paige Tyler at paigeloveskeith@yahoo.com to reserve a space.

'Beauty and the Beast'

The English Theater Frankfurt presents the Theater Unlimited production of "Beauty and the Beast" March 12, 13, 26, 27, April 2, 3, 9 and 10 at 2 p.m. Call civ (069) 2423 1620 or visit www.english-theatre.org for reservations.

Oscar Wilde play

The Amelia Earhart Playhouse presents the Frankfurt English Speaking Theater production of Oscar Wilde's "The Importance of Being Earnest" Feb. 18 and 19 at 7:30 p.m. Tickets, \$12 for adults and \$8 for students, are available at Wiesbaden USO offices. Call civ (0611) 816 2473 for more information.

Things to do ... Things to do

Sports shorts

Black History Boxing

A Black History Boxing Tournament will be held Feb. 26 at the Wiesbaden Fitness Center. Doors open at 6 p.m. and the first bout is at 7 p.m. Call civ (0611) 705-5541 for details.

Super Circuit Marathon

The Wiesbaden Fitness Center holds a Super Circuit Marathon March 5 from 9:30 a.m. to 2:30 p.m. Call civ (0611) 705-5541.

Biggest Loser

Baumholder Sports and Fitness invites people to get in shape through its Biggest Loser 12-week weight loss program. Sign up through March 14 with the program starting April 1. Call civ (06783) 6-7176 or mil 485-6671.

Half marathon

The Wiesbaden Fitness Center holds a March Madness Half Marathon March 12. Registration is from 6:30-7:30 a.m. with a \$20 fee. The first 50 to register receive a free T-shirt. Call mil 337-5750 for details.

Hunter/Angler Stammtisch

Join the Wiesbaden hunting and fishing community for an afternoon of fellowship and sharing March 13 from 11 a.m. to 3 p.m. at the Rheinblick Golf Course. Bring a dish with ham as an ingredient. Stop by Outdoor Recreation for more information.

Shooting event

An Ehrenscheibe rifle shooting contest will be held in Moerfelden (near the Frankfurt Airport) March 15. Cost is €10 to compete with your own rifle. Stop by Outdoor Recreation for more information.

Fishing courses

Wiesbaden's Hunting, Fishing and Sport Shooting program offers U.S. Forces fishing courses March 7-11, May 16-20, July 18-22, Sept. 19-23 and Nov. 14-18. Cost is \$60 per person or \$75 per family. Call civ (0611) 705-5760 for details.

March Madness Bowling

The Germany Alumni Chapter of Kappa Alpha Psi Fraternity holds a bowling tournament March 11-13 at the Vogelweh Bowling Center in Kaiserslautern. Funds raised will support 2011 scholarships for graduating Department of Defense Dependents Schools seniors. Call Barry Dickerson at civ (0151) 5880 3932 for more information.

Free golf

Free golf will be offered for ID cardholders at Wiesbaden's Rheinblick Golf Course March 15-31 during the annual membership drive. Call civ (0611) 5059 2718 for details.

Boot camp

Wiesbaden Fitness Center hosts a "You Just Do It" boot camp March 7 to April 14. Cost is \$90. Visit the fitness center or call civ (0611) 705-5541 for more information.

Warriors prep for tourney action

The Wiesbaden High School girls and boys varsity teams are heating up the Division I Department of Defense Dependents Schools-Europe competitions with just two games left in the regular season.

"The girls varsity Lady Warriors is having an outstanding season," said Jim Campbell, Wiesbaden High athletic director and head coach for the girls basketball teams.

The undefeated Lady Warriors team members are defending their 2010 Division I European title.

Led by seniors and All-Europe players, LeAndra and LeAmber Thomas, along with returning seniors Kelley Colbert, Taylor Dore and Cate Boardman, the girls team is continually breaking away with wins.

"It's a good team," said Steve Kulmala, whose daughter also plays on

the Wiesbaden team. "You can tell they're not competing for themselves but competing for the team."

The boys team is looking for some consistency, said boys coach Carl Johnson, as the small team heads into the final games of the regular season. The team has an 8-4 record this season.

With just 11 members on the team, numerous injuries and no one over 6-foot-2, the boys team has to play hard to win in the division, said Johnson.

The "very young" boys team is led by seniors Tevin Teal and Victor Strong, junior Daniel Harris, sophomore Roscoe Johnson and freshman Kelsey Thomas along with the team's third-leading scorer Antonio Trawick.

"If they play well, I believe they can play anyone," said Coach Johnson.



Photo by Steve Kumala

Taylor Dore contests the shot of Mannheim's Emma Roberts during regular season play Feb. 5 at the Wiesbaden Fitness Center.

The boys and girls teams will play Feb. 18 at Mannheim and Feb. 19 at Baumholder.

The championship games for DoDDS-E are set for Feb. 23-26 in Mannheim.

Baumholder strong men take charge

Baumholder held its first Strong Man competition Jan. 22 at the Mountaineer Physical Fitness Center. Twenty-one athletes faced the daunting challenge that tested strength, endurance, and mental focus with a maximum duration of 60 seconds.



Photo by Bernd Kurth

Pfc. Luis Ortiz of the 24th Brigade Support Battalion strains on the cable crossover machine during the Strong Man competition.

Participants competed in six events: bench press, dead lift, Hercules hold, farmer's walk, overhead medley and last man standing. The Hercules hold was conducted on the cable crossover machine, and the participant selected the amount of weight to be held for 60 seconds. The farmer's walk was also conducted on the cable crossover machine with the participant selecting the amount of weight to be carried over a field of 50 feet for 60 seconds. For the overhead medley, the participant selected the amount of weight to be lifted over the head with the forearms locked out for 60 seconds.

The bench press, dead lift and overhead medley were judged on the number of repetitions multiplied by the weight lifted. The Hercules hold was based on weight multiplied by the amount of time held up to 60 seconds, and the farmer's walk was judged on the distance traveled times the weight being carried.

Strength, endurance and muscle fatigue were at the forefront of each competitor's thoughts as the challenge began.

When the event ended and the scorecards were tallied, Nicole Rutzinger was declared the overall female winner.

In the men's lightweight category Pfc. Luis Ortiz of the 24th Brigade Support Battalion took first place honors and Sgt. Robert Ervin of the Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team, was second.

In the men's middleweight category Senior Airman Benjamin Schmidt of Air Support Operations Squadron placed first while Spc. Michael Serrano of the 4th Battalion, 70th Armor Regiment, placed second.

In the men's heavyweight category Pfc. Akeem Atkins of the 1st Battalion, 84th Field Artillery Regiment, placed first in the overall weight moved or carried and Sgt. Judson Brant of HHC, 170th Infantry Brigade Combat Team, was second.

Atkins also captured the men's overall winner title by moving a total combined weight of 117.120 pounds, equivalent to 582.69 per body weight of 201 pounds. (Information for the article courtesy of the Baumholder Sports Office)

Read Across America March 2

By Chuck McCarter

Federal Education Association European Area Director

On March 2 you might see some unusual sights in our Wiesbaden schools — children in pajamas or costumes, parents and teachers sporting red-and-white-striped top hats and maybe even some “Green Eggs and Ham.”

On that day, students at Wiesbaden schools will join an estimated 45 million of their peers across the world to celebrate the joy of reading and the birthday of the beloved author Dr. Seuss. Though titled by the National Education Association as Read Across America, our students literally make this annual reading party a worldwide event.

Motivating children to read is an important factor in student achievement and creating lifelong successful readers.

Research has shown that children who are motivated and spend more time reading do better in school. Now in its 15th year, NEA's Read Across America focuses attention on how important it is to motivate children to read in addition to helping them master basic skills.

The annual reading celebration takes place each year on or near March 2, the birthday of children's author Dr. Seuss, who epitomizes a love of learning. Dr. Seuss's use of rhyme makes his books an effective tool for teaching young children the basic skills they need to be successful.

In Wiesbaden schools, the day is anything but another ordinary day at school. Beside the familiar red-and-white-striped stovepipe hat made famous by Dr. Seuss' “Cat in the Hat,” celebrations of reading, literacy and books will be everywhere on that day.

Some classes have invited parents and community

leaders to be part of their celebrations. Second-graders in Carolyn Dolit's class at Hainerberg Elementary School have already begun activities combining reading, technology and art in preparation for the big day.

At Wiesbaden Middle School, teachers are planning a variety of activities, including a continuous story which will keep the students' interest right up until the end of the day

Hainerberg Elementary first-grader teacher, Evelyn Chew, is enthusiastic about the event saying, “I'll have Mystery Readers come in during the month. The readers (parents, staff and community members) provide five clues about themselves (books they like to read, interests, etc.). In the past, some readers have even dressed up like one of the story characters.”

In each of the schools, the mastery of reading is not a one-day event, but an everyday effort.

For more information on helping children become better readers, visit www.nea.org/grants/13026.htm.



Photo by Karl Weisel

Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, reads “The Cat in the Hat” to Aukamm Elementary School pupils during Read Across America Day March 2, 2010.

Help combat childhood obesity

Wendy LaRoche

Health Educator U.S. Army Public Health Command (Provisional)

The last two decades have shown a rise in childhood obesity, including children in Army families. As obesity numbers in children continue to climb so do conditions associated with obesity such as Type 2 diabetes, asthma, sleep apnea and high cholesterol. Early detection and treatment can reduce the likelihood of these health problems from occurring. Parents need to advocate for their children by asking questions during annual well visit checkups with their child's health care provider and by establishing healthy habits at home.

The most widely used diagnostic tool to identify weight problems within a population is Body Mass Index. BMI is a statistical measure calculated from a child's weight and height. For children, BMI is age and sex specific and is often referred to as BMI for age. BMI doesn't measure body fat; it identifies healthy body weight based on comparisons between a child's height and weight as plotted on a growth curve.

A child's BMI is typically calculated as part of an annual well-visit physical. After the BMI is calculated

for children and teens, the BMI number is plotted on the Centers for Disease Control and Prevention's BMI-for-age growth charts (for either boys or girls) to obtain a percentile range. The general rule of thumb is that overweight children statistically fall between the 85th and 94th percentile compared to the weight of their peers (same sex and age). Obesity is defined as the 95th percentile or above on the growth chart used.

BMI is one indicator for obesity. Your child's doctor can help identify whether your child's weight is a concern. Provide the following information to your child's health care provider:

- Family history of obesity and weight-related health problems, such as diabetes,
- Your child's eating habits and calorie intake, and
- Your child's physical activity level.

If your child is overweight or obese, try making small changes to eating habits right away. In the morning, use fat-free or reduced-fat milk in cereal and purchase whole-grain cereals. Add fruit to the morning meal. Prepared lunches from home allow you to have more control over

your child's caloric intake. For lunch, consider sandwiches made of whole-wheat or whole-grain breads. Include fruit. Carrots and celery are great in lunches and can be served with peanut butter, fat-free yogurt or fat-free ranch dressing for dipping. Last, provide a bottle of refreshing water.

Think differently about dinner. Engage your children in the cooking process and portion food in a serving dish. Add lots of any kind of veggies and minimize starches such as potatoes or white rice.

When it comes to dessert, offer healthy options like a frozen fruit bar or a yogurt smoothie. If it is cake your kids crave, angel food cake is a good option, and it's fat free.

Exercise is a great family activity. Walks after dinner are a nice way to burn calories. Let children help plan the exercise and physical activity regimen. Get them moving. Great online resources for parents are:

- Healthy Youth for a Healthy Future at www.surgeongeneral.gov/obesityprevention/index.html
- Let's Move at www.letsmove.org
- We Can! (Ways to Enhance Children's Activity and Nutrition) at www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm

Schoolbits

College seminar

The Advancement Via Individual Determination program hosts a College Preparedness Seminar at Wiesbaden High School Feb. 24 from 5-7 p.m. The event will feature discussions on how to write a college essay, financial planning, how to pay for college, making an electronic portfolio and free snacks.

FAST class at Education Center

The Wiesbaden Army Education Center will offer a Functional Academic Skills Training class for qualified Soldiers from March 29 to April 20. Class times are Monday through Friday from 7:45-11:45 a.m. The class gives Soldiers on-duty instruction in reading, math and language aimed at improving job performance, preparing Soldiers for more advanced schooling, increasing reenlistment options and enhancing trainability. Eligible Soldiers must have a GT score below 110. Call mil 337-5559 to speak with a counselor, email kelly.a.ball@eur.army.mil or visit the Education Center, Room 120, Building 1023E, on Wiesbaden Army Airfield.

Global Village

The University of Kaiserslautern holds its annual Global Village event April 27 featuring exhibits of information, music, culture, food and drink from numerous countries. As there are not many U.S. students at the university, organizers seek local Americans to help put together a U.S. exhibit/table. In the past Americans have contributed travel, sports, educational and cultural items for displays. To get involved contact Ute Bierbrauer at bierbrauer@physik.uni-kl.de.

Baumholder events

The Baumholder Middle High School holds a Science Fair March 3 and features the musical, “The Music Man,” March 4-6. Health screenings will be held at the school March 7 for middle school boys, March 9 for middle school girls and March 11 for high school students. *(Courtesy of the Parent Newsletter)*

Open SAC Forum

Wiesbaden High School holds an open School Advisory Council meeting Feb. 24 at 5 p.m. in the school auditorium.

UofM registration

University of Maryland University College Europe offers two field study courses this spring — Northern Renaissance Art in Brussels and Paris March 12-19 and Expatriate Writers in Rome March 12-19. Registration deadline for those courses is Feb. 20. Visit www.ed.umuc.edu/fieldstudy for details or stop by your local Education Center.

Scholarship deadline

The Wiesbaden Community Spouses Club has extended the deadline to apply for scholarships to Feb. 28. Visit www.wiesbadenspousesclub.com.



Jake Gyllenhaal and Anne Hathaway find themselves under the influence of the ultimate drug: love, in "Love And Other Drugs."

At the movies Feb. 17 to March 3

Baumholder, Wagon Wheel

Feb. 18 — The Roommate (PG-13) 7 p.m.
Feb. 19 — The Green Hornet (PG-13) 4 p.m.
 Love And Other Drugs (R) 7 p.m.
Feb. 20 — The Tourist (PG-13) 6 p.m.
Feb. 25 — Just Go With It (PG-13) 7 p.m.
Feb. 26 — Yogi Bear (PG) 4 p.m. No Strings Attached (R) 7 p.m.
Feb. 27 — Tron: Legacy (PG) 6 p.m.

Wiesbaden, Taunus

Feb. 17 — Burlesque (PG-13) 7 p.m.
Feb. 18 — Just Go With It (PG-13) 7 p.m. The Tourist (PG-13) 9:30 p.m.
Feb. 19 — Tangled (PG) 4 p.m. Just Go With It (PG-13) 7 p.m. Love And Other Drugs (R) 9:30 p.m.
Feb. 20 — Tron: Legacy (PG) 4 p.m. Just Go With It (PG-13) 7 p.m.

Feb. 21 — Just Go With It (PG-13) 7 p.m.
Feb. 22 — Tron: Legacy (PG) 7 p.m.
Feb. 23 — The Next Three Days (PG-13) 7 p.m.
Feb. 24 — The Tourist (PG-13) 7 p.m.
Feb. 25 — Big Momma's: Like Father, Like Son (PG-13) 7 p.m. The Tourist (PG-13) 9:30 p.m.
Feb. 26 — Yogi Bear (PG) 4 p.m. Big Momma's: Like Father, Like Son (PG-13) 7 p.m. Little Fockers (PG-13) 9:30 p.m.
Feb. 27 — Yogi Bear (PG) 4 p.m. Big Momma's: Like Father, Like Son (PG-13) 7 p.m.
Feb. 28 — Big Momma's: Like Father, Like Son (PG-13) 7 p.m.
March 1 — Little Fockers (PG-13) 7 p.m.
March 2 — How Do You Know (PG-13) 7 p.m.
March 3 — Tron: Legacy (PG) 7 p.m.



Minka Kelly and Leighton Meester star in "The Roommate." Photo right: Angelina Jolie and Johnny Depp cross paths in Venice in the thriller "The Tourist."



Movie plots

The Roommate (PG-13) — College student Sara finds her safety jeopardized after she's assigned to a dorm room with a new roommate, Rebecca. Stars Leighton Meester, Billy Zane and Minka Kelly.

The Tourist (PG-13) — This action thriller concerns an American tourist who finds his life in danger when a female Interpol agent uses him as a dupe to flush out an elusive criminal with whom she once had an affair. Stars Angelina Jolie and Johnny Depp.

Love And Other Drugs (R) — Maggie (Anne Hathaway) is an alluring free spirit who won't let anyone — or anything — tie her down. But she meets her match in Jamie (Jake Gyllenhaal), whose relentless and nearly infallible charm serve him well with the ladies and in the cutthroat world of pharmaceutical sales. Maggie and Jamie's evolving relationship takes them both by surprise, as they find themselves under the influence of the ultimate drug: love.

Just Go With It (PG-13) — A plastic surgeon, romancing a much younger schoolteacher, enlists his loyal assistant to pretend to be his soon-to-be ex-wife, in order to cover up a careless lie. When more lies backfire, the assistant's kids become involved, and everyone heads off for a weekend in Hawaii that will change all their lives. Stars Jennifer Aniston, Nicole Kidman and Adam Sandler.

Yogi Bear (PG) — Jellystone Park has been losing business, so greedy Mayor Brown decides to shut it down and sell the land. That means families will no longer be able to experience the natural beauty of the outdoors — and, even worse, Yogi and Boo Boo will be tossed out of the only home they've ever known. Faced with his biggest challenge ever, Yogi must prove that he really is smarter than the average bear as he and Boo Boo join forces with their old nemesis Ranger Smith to find a way to save Jellystone Park from closing forever. Stars the voices of Dan Aykroyd, Justin Timberlake and Anna Faris.

Big Momma's: Like Father, Like Son (PG-13) — FBI agent Malcolm Turner and his stepson Trent go undercover at an all-girls performing arts school after Trent witnesses a murder. Stars Martin Lawrence and Brandon T. Jackson.

No Strings Attached (R) — A guy and girl try to keep their relationship strictly physical, but it's not long before they learn that they want something more. Stars Natalie Portman and Ashton Kutcher.

Tangled (PG) — When the kingdom's most wanted and most charming bandit, Flynn Rider (voiced by Zachary Levi), hides out in a mysterious tower, he's taken hostage by Rapunzel (Mandy Moore), a beautiful and feisty tower-bound teen with 70 feet of magical, golden hair. Flynn's curious captor is looking for her ticket out of the tower where she has been locked away for years.

MY FAVORITE PICTURES

Share your favorite pictures with the community. Send your JPEG photo to the Herald Union and it could be published in the "My favorite Pictures" section. Include the name of the photographer, the date of the photo, first and last names of anyone in the photo and the location of where the photo was taken. Write "Favorite Picture" in the e-mail subject line.
Send information to: pictures@herald-union.com



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Since some U.S. electronic devices interfere with host-nation communication, German law requires American guests to ...

Turn these devices off

By Brittany Carlson
USAG Stuttgart Public
Affairs Office

Certain U.S. electronic devices can disrupt communications in Germany and may result in legal proceedings and fines for those who use them.

Devices that can cause harmful interference operate on the 800-900 kilohertz (kHz) and 1.8-2.4 gigahertz (GHz) frequency ranges, along with some 4G wireless technology, according to John Whitehurst, a spectrum supportability manager for U.S. European Command J6 in Stuttgart.

Common products that use these ranges are Uniden or Vtech brand wireless telephones, baby monitors and remote controlled toys, Whitehurst said.

"We're trying to inform people if you've got these things, please don't use them," he said.

While these items may be cleared to operate in the U.S., they can interfere with German fire departments, emergency services, banks, rail systems, medical equipment, security systems and taxi services, which are authorized as primary users of these frequency bands.

Frequency interference could keep German emergency responders from hearing their radio transmissions and delay them from providing help at the scene of an accident or crime.

This can impact members of the Stuttgart military community because the Military Police communicate with German emergency responders on those frequencies, Whitehurst added.

The devices also interfere with German telecommunications companies.

On May 10, 2010, Germany auctioned many of the above-list-

ed frequencies to cellular phone companies, who paid in excess of €1 million for the exclusive rights to a certain frequency in the German electromagnetic spectrum, Whitehurst said. When these companies experience "dropped calls," or calls that do not connect the caller with the call recipient, that are due to interference, they have the legal right to lodge a complaint with the German telecommunications agency, Bundesnetzagentur (BNetzA).

BNetzA is responsible for assigning frequencies to companies or organizations with a wireless requirement, including cell phone providers.

BNetzA also publishes the German Telecommunications Act (TKG). According to the TKG, those caught using a frequency not assigned to them fall subject to fines, which will increase the more they commit the offense.

The TKG defines an illegal

operator as anyone who "... intentionally or negligently, uses frequencies without an assignment. In such cases the offense may be punishable by a fine.

"Should you continue to operate the equipment without a valid assignment after having received this information, you will be deemed to be intentionally violating the provisions of the TKG. Such intentional operation of the equipment may be punishable by a higher fine," the TKG continues.

The U.S.'s own Federal Communications Commission uses similar procedures.

Since U.S. personnel are subject to German law under the Status of Forces Agreement, phone companies have a right to impose fines on those found using devices that interfere with their assigned frequency, Whitehurst said.

Disruptive interference has already been discovered on Robinson Barracks. In December

2010, Vodafone, a German telecommunications operator, experienced interference on its cellular network and sent a complaint to BNetzA.

BNetzA isolated the source of the interference to Robinson Barracks and, in December 2010 and January 2011, conducted searches for interference-causing devices, according to Deputy U.S. Forces Liaison Officer T. Sean Schulze. They found several.

BNetzA representatives used radio direction-finding equipment to pinpoint the location of the devices down to the building and floor they were located on, Schulze said.

The installation coordinator was informed of the apartments with the troublesome devices, and building managers were asked to speak with the owners, Schulze said.

In addition, BNetzA is prepared to conduct future checks, he said.

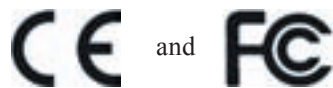
According to Whitehurst, the easiest way for community members to avoid fines and legal action is to check their electronic items to make sure they are cleared for use in Germany.

Cleared devices should be labeled with a CE symbol (see below). If items are labeled with an FCC symbol, they can only be used in the U.S. and in the specific countries listed on the package. Both symbols signify the device is safe for use in Europe and the U.S.

Whitehurst encouraged community members to check their electronic devices for these symbols.

"There will be more searches," he said. "Once you've been informed, you've been informed. If you don't know [if an item is approved], simply don't use it."

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Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!



Photos by Chrystal Smith

Cheerleading

Alexis Esselman cheers for the basketball team during a recent game.



Photos by Chrystal Smith

Basketball

Wiesbaden's Daniel Williams is totally focused on the game and Wiesbaden's Logan Morris drives the lane past his defender at a recent CYS Services Basketball game.



Photos by Chrystal Smith

Basketball

LEFT: Maggie Mosley dribbles towards the basket, Also in the photo are teammate Diamond Green being guarded by Briana Smith.

TOP: Coach Mosley works with the team during a break in the action at a recent CYS Services basketball game in Wiesbaden.

GIRL SCOUTS PREPARE FOR ANNUAL COOKIE SALES



Photo by Briana Mitchell

Girl Scouts receive instructions on salesmanship, manners, etiquette and more during the annual Cookie Kick-Off celebration Jan. 18. Afterward, the girls sampled the various types of cookies in order to become familiar with the product they would be selling.

By Briana Mitchell

*Baumholder High School Public Affairs
Student Assistant*

Although cookies were scarce, that didn't stop Girls Scouts of all ages from enjoying themselves and preparing for cookie sales at the annual Cookie Kick-Off celebration on Jan. 18.

Cantresa Gillespie, the public affairs coordinator and troop 484 leader and Julie Arnce, the cookie manager and troop 019 leader, spear-headed this year's event which incorporated learning with fun.

Girl Scouts learned how to address customers, count money and how to react under pressure. They also learned skills such as good customer service, and proper etiquette. Gillespie also thought it was very important that the girls learn the tastes and ingredients of each cookie, so they could correctly answer customer's questions and address their concerns correctly.

In 2008 Arnce decided volunteering with the Girl Scouts would be a great way to use her time here in Baumholder.

Growing up, instead of being a Girl Scout, Arnce was a missionette, which is very similar to Girl Scouts, but faith based. Even though she hadn't been a Girl Scout she found it very easy to relate to the girls.

As she watched the girls enjoy themselves while learning she said, "I like seeing how excited the girls get about learning, it's the little excitements that make me happy."

On the other hand Gillespie was a Girl Scout growing up and volunteering with the Girl Scouts here in Baumholder was her way of giving back. Gillespie's favorite part of Girl Scouts is, "seeing the girls enjoying themselves, and each other." "With all the support from our local community, cookie sales in Baumholder have been tremendous and we might possibly sell out early. Increasing our order this year helped our 10 troops (110 girls) earn profits for their end-of-year trips," said Arnce.

Kennedy Jackson, and Natalie Herrera, members of junior troop 019 said they're favorite part of Junior Scouts is, "learning and seeing our friends," while Emma Duran, Brownie Scout, said her favorite part was "learning, and wearing my uniform."

Youth Activities

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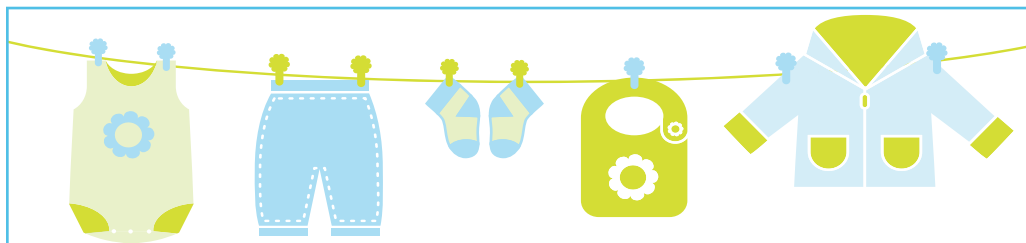
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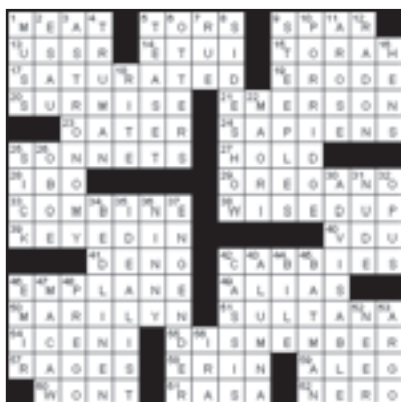
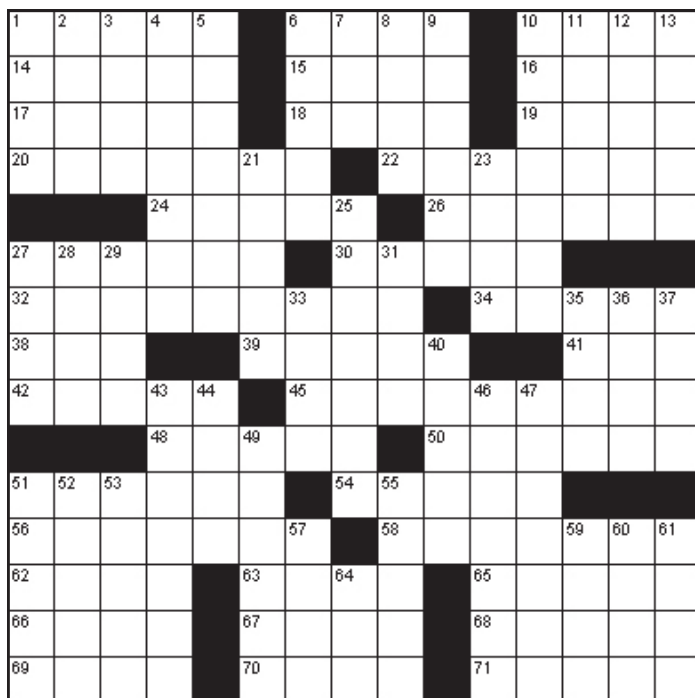
Ilyas Jerome Foehrweiser

Ilyas Jerome was born at 11:21 a.m. Jan. 3 at Horst-Schmidt Klinik in Wiesbaden, Germany. He was 7 pounds, 10 ounces and 21 inches long. Ilyas Jerome was born to Jamie & Nicole Foehrweiser and joins his siblings Imoen, Ian & Ilyanna. The family is stationed in Mainz-Kastel, Germany.

Birth Announcement

Send your birth announcement to the Herald Union. Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo. Send information to: pictures@herald-union.com

Crossword Puzzle



This is the solution
 to the crossword
 puzzle from Feb. 31

DOWN

1. Freeway exit
2. Geometer's calculation
3. Bell sound
4. Temporary
5. Race place
6. Footwear
7. Cowpoke's nickname
8. Genesis brother
9. Begins again
10. Navratilova of tennis
11. Sci-fi visitor
12. Severe
13. Young man
21. Babe
23. Jazzman Baker
25. Highway patroller
27. Bounders
28. "___ Love Her" (Beatles song)
29. Locale
31. Andean of old
33. "___ dixit"
35. Jambalaya need
36. Bullet
37. Ingrid's "Casablanca" role
40. Norwegian currency
43. Anna Karenina's lover
44. Continental prefix
46. Part of a spinning wheel
47. Artist's studio
49. Dangers
51. Singer Ronstadt
52. Zodiac sign
53. "The Planets" composer
55. Concede
57. Czech runner Zatopek
59. Hunter of fiction
60. "Friends" role
61. "Don't delete this"
64. Cool ___ cucumber

ACROSS

1. Swift
6. Constellation component
10. Assemble
14. Concert venue
15. Greek goddess of youth
16. Choir member
17. Substantial
18. Farm team
19. Nothing in Neuilly
20. Artist's accessory
22. Speaker's spot
24. Barnyard perch
26. Neigh
27. Slot spot
30. Out of bed
32. Disney's art
34. Ankle bones
38. Banned pesticide
39. "Baby and Child Care" author
41. Ailing
42. Kitchen utensil
45. Revolting slave
48. Indian coin
50. 1980s Nicaraguan leader
51. Pakistani city
54. Punjab princess
56. Magnetite, e.g.
58. Traders
62. Pop musician Lofgren
63. Muslim holy man
65. Golfer's gouge
66. Writing table
67. Virna of film
68. Rental agreement
69. Italian sparkler
70. Blind part
71. "Heaven Can Wait" director Lubitsch



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